

A vertical illustration on the right side of the page shows a green vine with several leaves and a single red strawberry hanging down. The background is a solid reddish-pink color.

A strawberry window garden

For those who live in an apartment or a flat, a window box or even hanging basket is a great way to bring the garden to your windowsill.

Strawberries are incredibly easy to grow and can be grown almost anywhere. The best time to plant strawberry seeds is early autumn. Plants should be planted between the end of June and September.

What you need:

- A window box or plant pots
- Potting compost
- Gravel or pebbles
- Strawberry seeds or strawberry plants



1 Preparing the window box or plant pot

Using the biggest window box or plant pot you can for your windowsill, add a layer of gravel or pebbles to the bottom, around 3cm deep. This helps with drainage. Make sure that the box is fully secured to the windowsill.

2 Adding the compost

Fill your box or pots with compost so that it sits around 4cm below the top for seeds and 5cm for plants. Pack the compost and press down on it lightly. The compost should be slightly moist but not wet.

3 Planting your strawberry seeds

Spread the seeds out evenly along the edges of your box or pot.

Place the plants around 1.5cm away from the edge of the box or pots. Ideally, strawberry plants are placed 35-40 cm apart in a plant box or one per pot.

4 Add more compost

Top up the compost so it's roughly 3cm from the top of the box or pot. Firm up the soil around each plant as you spread it out.

5 Watering the seeds or plants

Water new plants and seeds frequently. Water from the bottom to prevent rotting the crown and the fruit.



How to grow mint

Mint is easy to grow and can be grown both indoors and outdoors. The fun thing about growing this herb is that you can grow it in a variety of different containers: teacups, old sinks or even an old bathtub.

Why grow mint?

- You can plant it all year round
- It will grow all year round - especially if grown indoors
- It can be grown indoors, on a windowsill or outside

What you need:

- A box, plant pot or a container of your choice - with drainage holes
- Potting compost
- Gravel or pebbles
- Mint seeds or mint plants
- A fork or trowel
- Plant saucers or anything that will catch excess water

1 Preparing your container

Fill your box, pot or container of choice with compost.

Try and fill compost to a depth of roughly 25cm before planting. Use a garden fork or trowel to loosen and mix the soil.

2 Planting your mint

If you can, plant them 40cm apart. If you're using a small pot or container, use one plant per pot.

3 Where to place your plant

Mint plants love sun but they also like a bit of shade. Place it so that it gets both sun and shade.

4 Watering your mint

Your mint plant prefers moist soil. Keep it well watered but don't overdo it. Place plant saucers beneath to catch excess water.

5 Harvesting your mint

Mint is a very fast growing herb. Pick the leaves at any time by pinching off stems, or to harvest whole stems cut them roughly 3cm from the top of the soil.

To make things more fun, why not grow a plant each and see which grows the quickest?

