



COUCH TO
flower
power™
FIVE A DAY™

CHALLENGE

The easy
way to start
growing
your own!

Richard Jackson *Garden*
THE COUCH TO FIVE A DAY™ CHALLENGE



Welcome...

To our Couch to Five a Day™ challenge.

This special starter pack contains five of the best vegetables and fruits to grow. Within a few weeks, you'll be proudly harvesting the first of your home-grown produce. There's nothing quite like it for flavour and goodness, and you've grown it all yourself! We hope this kit inspires you to grow even more nutritious and tasty food in the future. Happy gardening!

Richard Jackson

This kit contains:

- A pack of Chard 'Rhubarb' seeds
- 5 Potato 'Charlotte' tubers
- 3 Strawberry 'Malling Champion' plug plants
- 1 Raspberry 'Autumn Treasure' plant (bare root)
- 1 Blueberry 'Bluecrop' plant



CHARD 'RHUBARB'

Chard is a very easy and versatile vegetable to grow. You can grow it to maturity (bigger plants) to harvest the full size stems and leaves, or grow it as a quicker cut-and-grow again crop, removing a few leaves as you need them. It's also highly attractive, thanks to its colourful stems and leaves. And it's versatile in the kitchen, as you can eat the stems, leaves and flowering stems, either steamed, used in stir-fries or eaten raw in salads. Your seed packet contains approx.75 seeds, enough for you to grow it in both ways.

GROWING IN POTS

WHAT YOU NEED

- 30-40cm (12-16in) pot or window box
- Multi-purpose compost, such as my Premium Multi Purpose or Peat-Free Compost
- Crocks or flat stones to cover drainage holes
- Seeds
- Watering can
- A good plant food (like my award-winning Flower Power Premium Plant Food!)

SOWING

For cut-and-grow -again (young salad leaves)
Sow seeds thinly over the compost, roughly 5cm (2in) apart, and cover with 2cm (¾in) of compost.

FOR BIGGER PLANTS

Sow seeds thinly 2.5cm (1in) deep, 10cm (4in) apart from April to July; April is the main sowing month. Thin out the seedlings to 20cm (8in) apart, when large enough to handle.

GROWING IN THE GROUND

- Water every two weeks during prolonged dry periods.
- Mulching the soil, by covering it with a 5cm (2in) thick layer of compost, will help conserve soil moisture.

FOR BEST RESULTS

- Grow in a sunny position; plants will also tolerate light shade.
- Water whenever the compost starts to dry out (the colour will change to light brown).
- Feed with a liquid fertiliser, such as Flower Power Premium Plant Food, fortnightly.



HARVESTING

START PICKING

Very soon, from 4 weeks after sowing for salad leaves, or from 10 weeks for bigger plants.

CUT-AND-GROW-AGAIN

Start harvesting the leaves when they are 5cm (2in) long. You can either pull off individual leaves as you need them or cut back the whole plant. Don't cut too close to the ground to give the plants a chance of reshooting for repeated cropping.

FOR BIGGER PLANTS

The approximate time between sowing and harvesting is 12 weeks.

Pull off the outer leaves as you need them, whenever they are large enough to use - don't wait until they reach maximum size - and harvest regularly.

POTATO 'CHARLOTTE'

Potatoes are hugely versatile vegetables, and are a staple ingredient of many meals. Whether they're boiled, mashed, roasted, chipped, sautéed or baked, they're delicious! They're healthy too, as long as you don't overdo it, especially if cooked with their skins on. And when you lift the first potatoes of the year, it's like prospecting for gold, the hidden treasure sitting just below the surface, waiting to be discovered. And they taste sublime.

'Charlotte' is the most popular early salad potato, producing excellent crops of firm yellow, waxy-fleshed, long-oval tubers. It a superb salad potato, but can also be roasted and sautéed.

GETTING STARTED

Keep the seed potato tubers somewhere cool and dark until you're ready to plant them. But try to plant as soon as possible after delivery.

GROWING IN POTS

WHAT YOU NEED

- Large, heavy-duty plastic bag - such as an old 50-70 litre compost bag OR
- Five 30-32cm (12-13in) diameter pots, or one big pot at least 50cm/20in wide and deep
- Multi-purpose compost, such as my Premium Multi Purpose or Peat-Free Compost, or good soil mixed with compost
- Seed potatoes
- Granular fertiliser, such as my Premium Natural Fertiliser
- Watering can
- Liquid feed, such as Flower Power

PLANTING

- Plant the seed tubers around late March/early April, depending on where you live in the country; the colder the area, the later you should leave them.
- Place 15cm (6in) of compost in the bottom of the bag or pot and plant the seed tubers within it. All five tubers will fit in a 70-litre bag – use fewer tubers in smaller bags. Pierce the bottom of the bag with a sharp knife in a few places to allow excess water to drain out and water well.
- If planting in pots, plant a single tuber per 30/32cm pot or all five tubers in a big (50cm) pot.



Pop 10cm/4in of compost in the pot, place the tuber on this, and cover with 10cm/4cm more compost and water well.

- As the new shoots grow, keep covering them by adding compost until the bag/pot is almost full (leave a bit of space at the top for watering)
- As you add more compost add a general fertiliser, such as my Premium Natural Fertiliser, to the compost.

GROWING IN THE GROUND

- Plant the seed tubers 12.5-15cm (5-6in) deep in well-prepared soil with added compost or other organic matter. Space them 30cm (12in) apart.
- Sprinkle some of my Slug & Snail Control pellets around them, as slugs can be a problem.
- Add a general fertiliser, such as my Premium Natural Fertiliser, to the soil.
- When the shoots are about 15-23cm (6-9in) high, start earthing up by carefully drawing soil up to the stems and covering them.

FOR BEST RESULTS

- Potatoes need a sunny position.
- Keep the compost well watered, especially in dry weather.
- Feeding with a good fertiliser, such as Flower Power Premium Plant Food, every fortnight will help increase yields.

HARVESTING

Start harvesting 13-15 weeks after planting. Your new potatoes should be ready to lift in June or July. Wait until the flowers have opened or the flower buds drop. Carefully rootle around in the compost until you come across a new potato and check whether it's big enough to eat.



STRAWBERRY 'MALLING CHAMPION'

Strawberries are easy to grow, and growing your own at home is the best way to get the freshest, juiciest and best tasting, delicious fruit. 'Malling Champion' is an everbearing variety, producing fruit for the entire strawberry fruiting season, beginning in early summer with crops throughout summer and into autumn. It reaches its peak in July. Once established, each plant can produce up to 1kg (2lb3oz) of bright red, classic cone-shaped fruit for the next two or three years.

GETTING STARTED

Carefully lift out the plants and water the compost if it seems dry. While these plug plants can be planted directly into pots, containers and hanging baskets, they are best potted up individually into 9-10cm (3½-4in) pots of good potting compost, grown on and then planted out when the roots fill the pots.

GROWING IN POTS

WHAT YOU NEED

- 45-60cm (18-24in) pot
- Multi-purpose compost, such as my Premium Multi Purpose or Peat-Free Compost, John Innes No3 Compost or a mixture of both
- Cocks or flat stones to cover drainage holes
- Strawberry plants
- Watering can
- A good plant feed (Flower Power produces great results, bigger crops and even better flavour)

PLANTING

- Water the plants thoroughly before planting.
- Put all three plants in the container.
- Plant with the crowns of the plants at compost level.
- Water in thoroughly, ideally with a diluted plant food.



GROWING IN THE GROUND

- Plant in fertile, well-drained soil, adding lots of compost or other soil improvers before planting.
- Plant them 45cm (18in) apart.

FOR BEST RESULTS

- Strawberries need a sunny position.
- Water whenever the compost starts to dry out (the colour will change to light brown).
- Feed with a liquid plant food once a week.

HARVESTING

Start picking this summer. Late June/early July, Strawberries ripen individually, so pick them as they develop a good colour and become ready. Eat them as soon as possible for the best flavour.



RASPBERRY 'AUTUMN TREASURE'

There's very little to beat the flavour and aroma of freshly-picked raspberries. 'Autumn Treasure' crops from August to October. It is an outstanding variety, producing large, uniformly sized, delicious, sweet fruit with a mouthwatering flavour. The upright, self-supporting canes (the name given to their stems) are spine-free, which makes picking the fruit a pleasure too!

Your 'Autumn Treasure' will give a small crop in its first year, and then crop reliably and heavily every late summer/ early autumn for 10 years or more!

GETTING STARTED

Remove all the packaging from your bare-root plant. Ideally, plant as soon as possible after delivery. If you can't, put the plant somewhere cold/cool, such as a garage or shed or outdoors, covering the roots with moist compost.

GROWING IN POTS

WHAT YOU NEED

- 38-45cm (15-18in) pot
- Multi-purpose compost, such as my Premium Multi Purpose or Peat-Free Compost, John Innes No3 Compost or a mixture of both
- Crocks or flat stones to cover drainage holes
- Raspberry plant
- Watering can
- A good plant feed, such as Flower Power (the high potash formula boosts flowering and fruiting)

PLANTING

- Soak the roots in a bucket of water for 20-30 minutes before planting.
- Plant with the roots spread out in the compost with the base of the canes just below compost level.
- Water in thoroughly.



GROWING IN THE GROUND

- Plant in a good well-drained soil, adding lots of compost or other soil improvers before planting.
- Apply a general-purpose fertiliser, such as my Premium Natural Fertiliser, around the plant.
- Mulch around the plant with well-rotted manure or compost, being careful not to smother the plant and keep it away from the base of the cane.

FOR BEST RESULTS

- Raspberries prefer a sheltered position in full sun.
- Water whenever the compost starts to dry out (the colour will change to light brown). They love rain water if you've got any!
- Feed with a good plant food once a week
- Cut down all the canes in late winter, allowing the new fruiting canes to develop over summer.

HARVESTING

Start picking this September. Raspberries don't all ripen together, so keep an eye on them and pick as and when they start to soften, develop a good colour and come away easily from the core. Eat them as soon as possible for the best flavour.

BLUEBERRY 'BLUECROP'

Blueberries are a very rewarding fruit to grow, not only do you get the colourful, delicious fruit to eat, but the bushes also put on a spectacular display in autumn with fiery reds and purples colouring the foliage. The taste of freshly picked blueberries is sensational and the fruit is packed with antioxidants. 'Bluecrop' is one of the most reliable croppers. A mid-season variety producing high yields of large fruit, ready to pick in mid-summer.

Your blueberry may delight you with a small crop this year, but give you bumper crops from next summer onwards. Expect about 3kg (6½lb) from a mature bush each year.

GETTING STARTED

Remove all the packaging and water if the compost seems dry. Place somewhere indoors in good light, but away from strong sunlight from a south-facing window. Ideally, plant it as soon as you can, unless the soil is frozen solid or waterlogged.

GROWING IN POTS

WHAT YOU NEED

- 38-45cm (15-18in) pot
- Ericaceous compost, such as my Ericaceous Compost, John Innes Ericaceous Compost or a mixture of both
- Crocks or flat stones to cover drainage holes
- Blueberry plant
- Watering can
- A good plant feed, such as Flower Power (we've seen some fab crops on Flower Power fed blueberries!)

PLANTING

- Water the compost thoroughly before planting. Watering with Flower Power Premium Plant Food at half the recommended dilution will help get them off to the perfect start.
- Plant with the top of the rootball just below compost level.
- Water in thoroughly, ideally using a dilute plant food like Flower Power.



GROWING IN THE GROUND

- Plant in fertile, acidic, well-drained soil, adding lots of ericaceous compost before planting.
- Apply a general-purpose fertiliser, such as my Premium Natural Fertiliser, around the plant.
- Mulch around the plant with ericaceous compost, being careful not to smother the plant and keep it away from the base of the stems.

FOR BEST RESULTS

- Blueberries need a sheltered, sunny position or partial shade.
- Water whenever the compost starts to dry out (the colour will change to light brown), using natural stored water, if you have hard, alkaline tap water.
- Feed with a liquid fertiliser, such as Flower Power, weekly.
- After three years and annually thereafter, in winter, cut back and remove about 20-25% of the oldest stems each year.

HARVESTING

You may be able to pick a small crop this July, but it starts cropping fully from next summer.

Blueberries don't all ripen together, so keep an eye on them and pick as and when they're ready. The berries are ready for picking when they change colour from green to blue. They also develop an attractive bloom when ripe.

Richard Jackson Garden

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www.richardjacksonsgarden.co.uk

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