



CHALLENGE 2

The easy way to start growing your own!

Take on challenge two and keep growing

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



## Welcome...

To our Couch to Five a Day™ Challenge, late Spring collection.

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:

- 2 Sweet Pepper 'Bendigo' F1 seedling plug plants
- 3 Strawberry 'Malling Centenary' plants (bare root)
- 3 Tomato 'Red Profusion' seedling plug plants
- A packet of Climbing French Bean 'Cobra' seeds
- A packet of Perpetual Spinach seeds



## SWEET PEPPER 'BENDIGO' F1

Sweet peppers, grown at home and freshly picked, taste like nothing you'll ever buy from a shop! 'Bendigo' is a compact variety, which is ideal for growing in patio pots. It produces heavy yields of dark red, sweet tasting peppers, up to 7.5-8cm (3-3½in) in size, perfect for providing a "single meal" helping. It starts cropping earlier in the summer than many other varieties and it is also ideal for conservatories and greenhouses. It is, deservedly, an RHS Award of Garden Merit winner.

### GETTING STARTED

Remove all the packaging and water if the compost seems dry. The young seedlings may have bent slightly in the post but that's quite natural. They'll straighten up again within a couple of days. Ideally, plant them as soon as you can. If you can't, place somewhere indoors in good light, but away from strong sunlight from a south-facing window, until you can.

These young seedlings should be potted up individually into 9-10cm (3½-4in) pots of good multi-purpose compost, grown on indoors for a few weeks and then, when the roots fill the pots, planted out into their final (bigger) pots.

### GROWING IN POTS

#### WHAT YOU NEED

- 23-25cm (9-10in) pot.
- Multi-purpose compost, such as my Premium Multi-Purpose or Peat-Free Compost.
- Pepper plants.
- Watering can.
- A good plant food, such as my award winning Flower Power Premium Plant Food.

#### PLANTING YOUR GROWN ON PLANTS

- Water the compost thoroughly before planting.
- Plant with the top of the plug just below compost level.
- Water in thoroughly, ideally using a dilute plant food like Flower Power Premium Plant Food.

UK Plant Passport  
A Capsicum annuum  
B 130137  
C 2021020247  
D GB



### GROWING IN THE GROUND

- Plant in fertile, well-drained soil, adding lots of compost or other soil improvers before planting.
- Add a general fertiliser, such as my Premium Natural Fertiliser, to the soil.

### FOR BEST RESULTS

- Peppers need a warm, sheltered, sunny position.
- Water whenever the soil or compost (the colour will change to light brown) starts to dry out.
- Feed with Flower Power, weekly from when the first flowers form. This will make a huge difference to the number of peppers you grow.
- As the plants grow, support the main stem by tying onto bamboo canes.

### HARVESTING

Once large enough (about 7.5cm/3in), you can either harvest them as green peppers, or leave them on the plant to ripen to red. Harvest once a good red colour develops. Use snips and cut the stem just above the fruit. Leaving too many on the plant to become ripe, will reduce the number of peppers produced.

## STRAWBERRY 'MALLING CENTENARY'

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 Centenary' is an outstanding variety with a unique combination of outstanding taste and heavy yields. The fruit is very juicy and the eating quality is consistently good with high sugar levels and an excellent strawberry flavour.

### GETTING STARTED

These strawberry plants can be planted into their growing positions straight away. If this isn't possible, put the plants somewhere cool outside with the roots covered with moist compost.

### 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.
- Crocks or flat stones to cover drainage holes.
- Strawberry plants.
- Watering can.
- A good plant feed like my Flower Power Premium Plant Food (it's got more of the essential potash nutrients than other plant foods).

#### PLANTING

- Soak the roots in a bucket of water for 15-20 minutes before planting. Adding Flower Power at half the recommended dilution will help get them off to the perfect start.
- Put all three plants in a 45-60cm (18-24in) pot.
- Plant with the crowns of the plants at compost level.
- Water in thoroughly, ideally using a dilute plant food like Flower Power Premium Plant Food.



### GROWING IN THE GROUND

- Plant in fertile, well-drained soil, adding lots of compost or other soil improvers before planting.
- Plant them 30-38cm (12-15in) apart.
- Add a general fertiliser, such as my Premium Natural Fertiliser, to the soil.

### 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 Flower Power Premium Plant Food once a week. Flower Power will help you grow bigger crops with an even better flavour.

### HARVESTING

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.

UK Plant Passport  
A: Fragaria x ananassa  
B: 130137  
C: 2021120205  
D: GB

## TOMATO 'RED PROFUSION'

'Red Profusion' is one of the first tomato varieties to start ripening in summer, and is regarded as one of the best container and hanging basket varieties. This bush cherry tomato forms a neat and compact plant with a great branching habit. One plant will easily fill a 30cm (12in) pot or basket, producing heavy crops of sweet cherry tomatoes.

### GETTING STARTED

Remove all the packaging and water if the compost seems dry. The young seedlings may have bent slightly in the post but that's quite natural. They'll straighten up again within a couple of days. Ideally, plant them as soon as you can. If you can't, place somewhere indoors in good light, but away from strong sunlight from a south-facing window, until you can.

These young seedlings should be potted up individually into 9-10cm (3½-4in) pots of good multi-purpose compost, grown on indoors for a few weeks and then, when the roots fill the pots, planted out into their final (bigger) pots or baskets.

### GROWING IN POTS

#### WHAT YOU NEED

- 30cm (12in) pots or hanging baskets.
- Multi-purpose compost, such as my Premium Multi-Purpose or Peat-Free Compost.
- Tomato plants.
- Watering can.
- Flower Power Premium Plant Food (in an independent scientific trial, Flower Power fed tomato plants produced double the crop of tomatoes compared with plants fed with the UK's top selling plant food!).

#### PLANTING YOUR GROWN ON PLANTS

- Water the compost thoroughly before planting.
- Plant with the top of the plug just below compost level.
- Water in thoroughly.

UK Plant Passport  
A: Lycopersicon  
B: 130137  
C: 2021020248  
D: GB



### GROWING IN THE GROUND

- Plant in fertile, well-drained soil, adding lots of compost or other soil improvers before planting.
- Use a mat or straw to keep the fruit off the ground and keep them dirt-free.
- Add a general fertiliser, such as my Premium Natural Fertiliser, to the soil.

### FOR BEST RESULTS

- Tomatoes need a warm, sunny position.
- Water whenever the soil or compost (the colour will change to light brown) starts to dry out.
- Feed with a liquid fertiliser, such as Flower Power, weekly from when the first young fruits form.
- As this is a bush variety, there is no need to stake it or remove side-shoots (as you have to with some varieties). In fact, it will produce its highest yields the more sideshoots it produces and the bushier it is.

### HARVESTING

Start harvesting as soon as the fruit develops a good red colour. Regular picking will ensure the plants continue to crop continuously.

## CLIMBING FRENCH BEAN 'COBRA'

'Cobra' is a very reliable climbing French bean and a prolific cropper. It produces heavy crops of long, smooth, straight, stringless, well-flavoured pods up to 18cm (7in) long over a long period. It starts producing pods earlier in the year than most other varieties. The pale violet flowers are very pretty, so it can even be grown in the ornamental garden. It is an RHS Award of Garden Merit winner. Your seed packet contains approx. 70 seeds.

### GROWING IN POTS

#### WHAT YOU NEED

- 30-45cm (12-18in) pot.
- Multi-purpose compost, such as my Premium Multi-Purpose or Peat-Free Compost.
- Crocks or flat stones to cover drainage holes.
- Seeds.
- 1.8-2.1m (6-7ft) bamboo canes or obelisk.
- Watering can.
- High potash feed like Flower Power Plant Food.

#### SOWING

Sow seeds from May to July. Sowing a few seeds every couple of weeks will ensure a long, continuous picking time over several months. Sow 4cm (1½in) deep, at the base of supports, such as a wigwam of bamboo canes, spaced 20-23cm (8-9in) apart.

### GROWING IN THE GROUND

- Needs a well-prepared soil, with lots of added organic matter, such as compost, to retain soil moisture.
- 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 warm, sunny position.
- Water whenever the soil or compost starts to dry out (the colour will change to light brown), and regularly once the flowers appear.
- Feed with Premium Flower Power Plant Food every week.
- Initially, tie in the stems to their support. Once they start growing, they will naturally grow up the supports.
- Nip out the tips of the stems once they reach the top of their supports.

### HARVESTING

Start picking the pods when they're 10cm (4in) long. They're ready to harvest when they snap easily and before the beans can be seen through the pod. Pick regularly. If pods are left on the plants, they will stop flowering and producing more pods.

## PERPETUAL SPINACH

Perpetual spinach provides you with lots of big, tasty, succulent and healthy leaves, but without the troubles often incurred by other spinach types. It doesn't go to seed, even in dry conditions, and is very winter hardy, making it suitable for autumn and winter crops, so you can grow it all year round. It is an RHS Award of Garden Merit winner. Your seed packet contains approx. 250 seeds.

### GROWING IN POTS

#### WHAT YOU NEED

- 23-45cm (9-18in) pot.
- 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 feed, such as Flower Power Premium Plant Food.

#### SOWING

Sow seeds from spring to August. Sow thinly 2.5cm (1in) deep, and gradually thin out and use as baby salad leaves until 20-23cm (8-9in) apart, or sow seeds 20-23cm apart.

### GROWING IN THE GROUND

- Needs a well-prepared soil, with lots of added organic matter, such as compost, to retain soil moisture.
- Mulching the soil, by covering it with a 5cm (2in) thick layer of compost, will help conserve soil moisture.



### FOR BEST RESULTS

- Grows well in sunny positions or in partial shade.
- Water whenever the soil or compost starts to dry out (the colour will change to light brown), and regularly once the flowers appear.
- Feed with Flower Power Premium Plant Food every week.

### HARVESTING

You can start picking as a cut-and-come-again crop, as soon as leaves look big enough, taking the outer leaves, but leaving the remainder intact. Plants will continue producing new leaves over a very long period. Pick older, larger leaves as needed, but before they become too large, tough and leathery. You can pick leaves all year round.

# Richard Jackson *Garden*

home of



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