

Hello!

Credit for tips and practical advice goes to Colin Porter, whilst illustrations and design were made by [Stella Olivier](#).

If you are interested in seeing more of Soup Corner's transformation follow us at [@ creative change](#)

WHO WE ARE

We are Creative Change, a Plymouth based artist collective devoted to the renovation of Soup Corner (*Union Corner, Union Street, Stonehouse, Plymouth*).

WHAT THIS IS

This year we devoted our time towards the Soup Corner Garden. In collaboration with attendees and volunteers we started germinating plants and polishing the space. A while back we decided to put together a guide that would help the community to take care of the greens and show what growth stages these herbs, veggies and flowers might go through.



LIST OF PLANTS

Carrots	p. 3-4
French Beans	p. 5-6
Nasturtiums	p. 7-8
Sunflowers	p. 9-10
Sweet Peas	p. 11-12
Radishes	p. 13-14
Tomatoes	p. 15-16
Basil	p. 17-18
Rosemary	p. 19-20
Mint	p. 21-22
Sage	p. 23-24

CARROTS



- Sow in shallow drills in soil that is warm, well dug, no fresh manure, remove any stones
- Water carefully if no decent rain
- Thin out seedlings to 2 inches apart
- Carrot fly is often a problem (if the young leaves go reddish it could be carrot fly); Protect from carrot fly by placing fleece over the young carrots
- Eat when fresh. Delicious



FRENCH BEANS



- Sow outdoors in May in a sunny spot, in soil that has been manured. Firm soil gently.
- 2 seeds 1 inch deep, 6 inches apart
- Water well if no rain
- Pick pods often to keep producing new pods
- Should be ready in July



NASTURTIUMS



- Can be sown indoors or outdoors; Indoors can be sown March onwards, outdoors early May
- Easy to grow. Caterpillars like them, pick them off as soon as you see them or they will multiply and eat other plants
- Flowers can be added to salads



SUNFLOWERS



- One of the happiest flowers of summer
- Easy to grow, sow indoors in March.
- When seedlings are about 3 inch tall
- Pot in to individual 3 in. pots, grow on indoors in a sunny spot.
- Plant out in May in a sunny spot

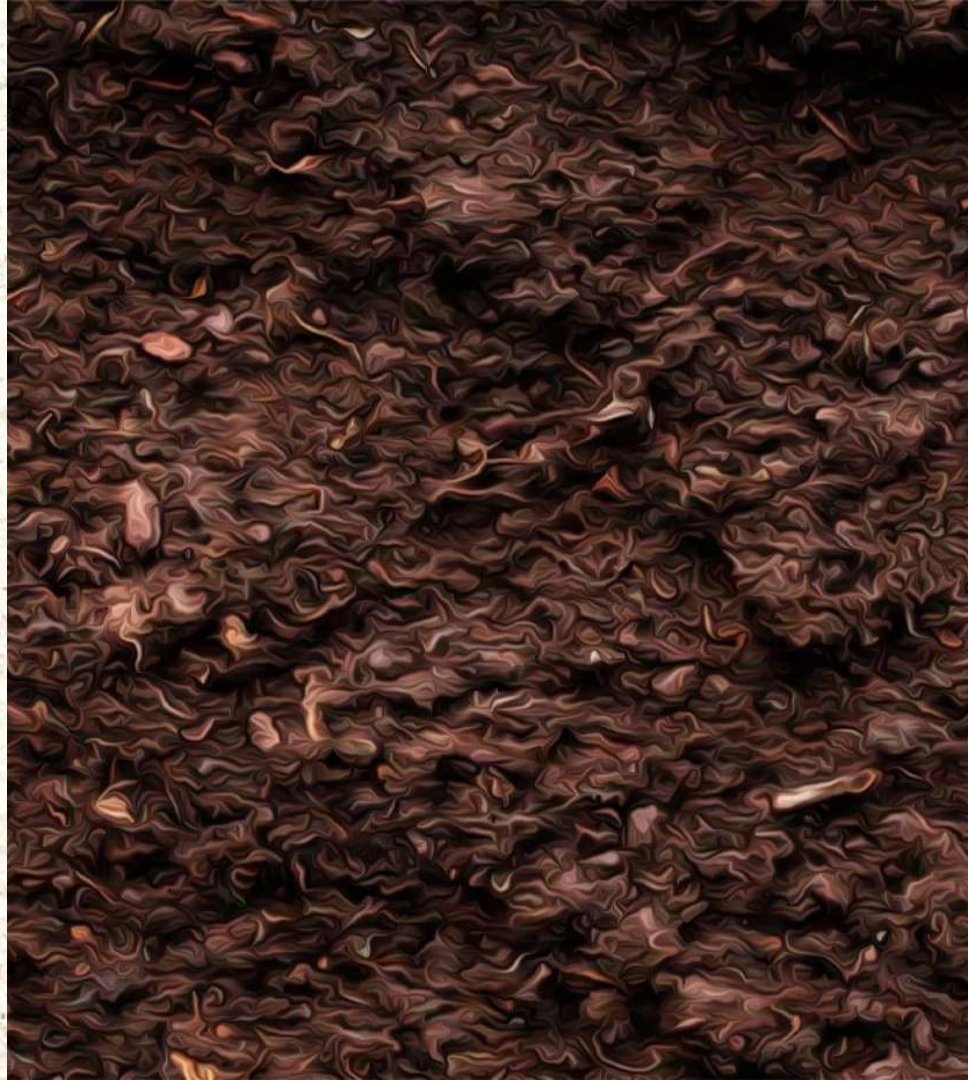


SWEET PEAS



- Sow seed indoors in February
- Pot a few seedlings into a pot and grow indoors. When young plants are about 6 inch high pinch out the shoots
- Plant out in to well prepared soil later in April in a sunny spot.
- Pick the flowers when they are ready. Do not leave them to make seed pods - this will prevent new flowers forming.





RADISHES



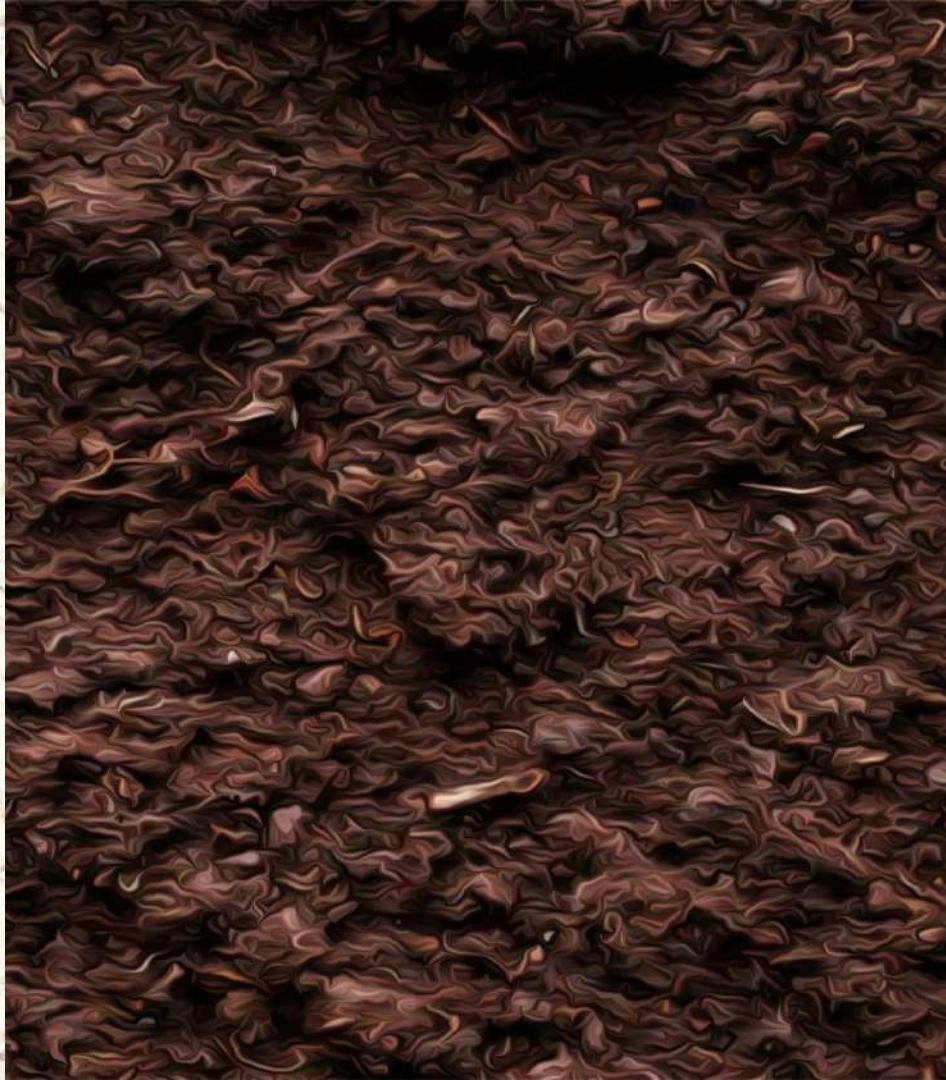
- Very easy to grow
- Seed lightly in a pot or with other outside plants, March onwards.
- Water regularly
- Seeds will germinate quickly and be ready in about 6 weeks



TOMATOES



- Sow indoors Feb onwards in heated propagator
- When seedlings are about 3 inch high pot up to 3 in pots
- Keep indoors in a sunny spot
- Plant outdoors late May but only in a warm sheltered, sunny spot. Or plant into grow bags or large pots and grow in a greenhouse



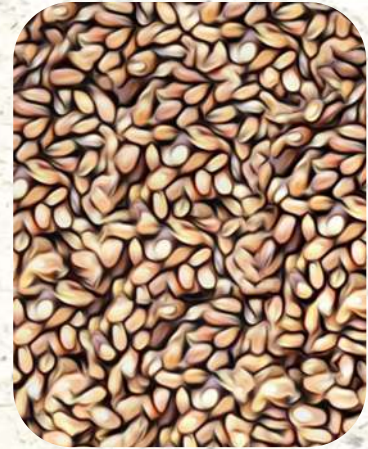
BASIL



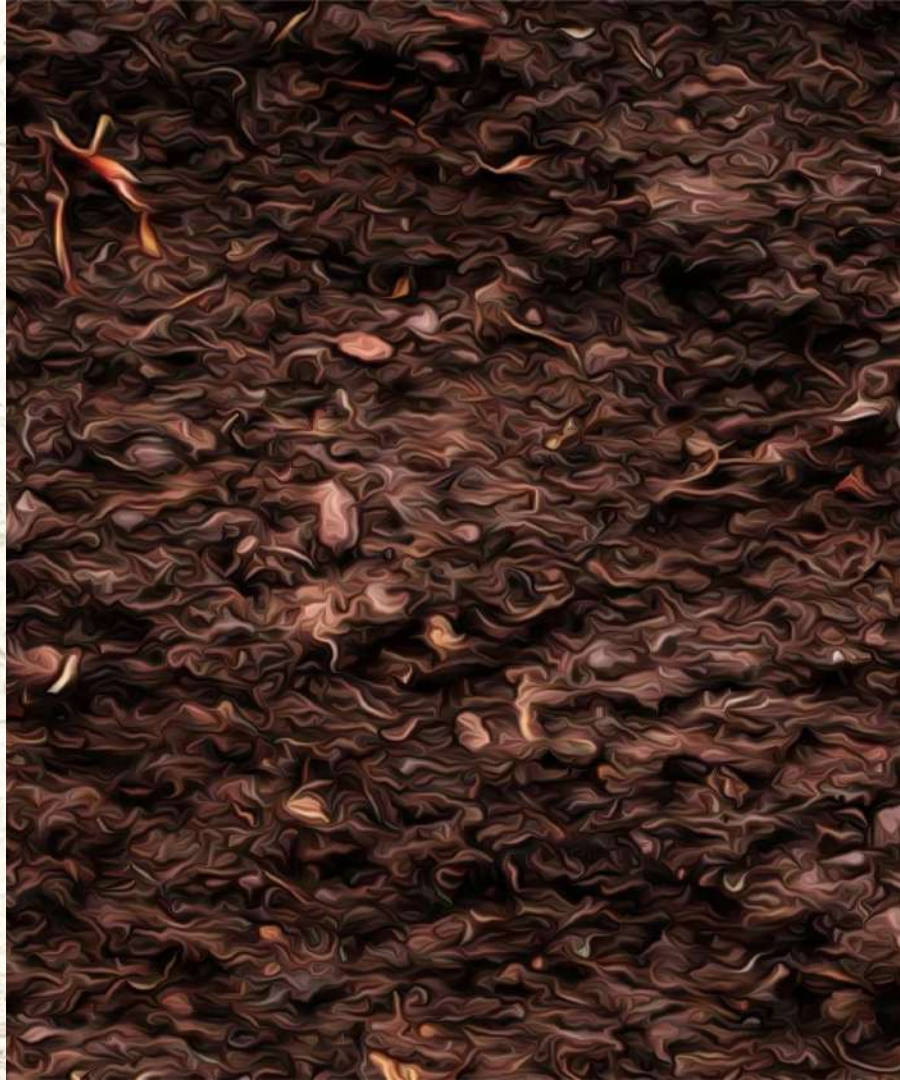
- A lovely flavoursome herb to grow, a must for any kitchen
- Seed must be sown early, February, with heat to germinate, min 21 degrees
- Once germinated grow on in a warm and sunny space. Never let the seedlings dry out
- They grown slowly but after a few weeks you can divide them into small clumps and plant them
- Basil loves warmth and sun
- By May you should have plants which can go into a larger pot
- They can only go outdoors once it is warm. Must always be in a sunny spot. Often best to grow on a sunny windowsill



ROSEMARY



- Buy a small well rooted plant
- Plant in a sunny spot



MINT



- Easy to grow,
- Take a piece from an established plant, plant in a pot, water well
- Will tolerate some shade
- There are many varieties of mint. Choose a garden mint to start with



SAGE



- Select a culinary Sage if you want it for cooking
- Start with a small plant, plant in good compost in a pot
- Water well, place in a sunny spot



