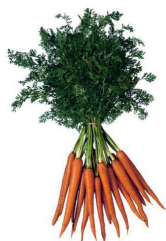


# How does your garden grow?

by Wendy Dartnell  
Little Seeds

**If there is one thing that raises my spirits after our long winters indoors, is the thought of long, barmy, Summer days, finally, getting out into my garden and down to our vegetable plot. I am a great believer that growing your own vegetables doesn't need to be labour intensive but can really be a time to bring all the family together, whilst knowing that the yummy harvesting is the best part!**

I am a busy working mother of two and have always strived to install the values of 'home grown' into my children. Luckily it has worked, I seem to have created the 'good life of Noah's Ark', my brood around me while I busily dig over last year's beds and then get into my green house to sow my seeds for this year's crop. Both my children love to get stuck in too, my daughter always my passionate little helper has been lucky enough to recently inherit a small vegetable plot for herself this year. She is diligent about her plot, preparing her planting plan with meticulous detail to include all her favourite vegetables whilst keeping a small area for fun sunflowers and edible flowers for her salads.



So many people I speak to have the misconception that vegetable plots are for summer only. There is no reason why you can't plant and harvest even the smallest of crops during winter. Winter Salad is my favourite; robust and versatile, even in winter a warm salad is still an inviting supper. Our back garden isn't massive yet we still manage to sow and harvest a veritable feast to still fill a gratifying truck or two full of vegetables to serve either to our family table or when guests arrive, showing the virtues of proper home grown vegetables; the taste is something else, believe me! Having your own market garden really doesn't have to be time consuming and certainly isn't difficult, but very rewarding!

Imagine the thought...long summer days, gently tending your seedling, your little ones playing safely around you. Then once they are snuggled up in bed, enjoy a few minutes well-deserved time out to water your beds, reflecting on the day without any disturbance. This is my favourite time of the day, usually accompanied with the hose in one hand is a gin & tonic in the other! Whilst I love having a dedicated area at the bottom of our garden to "escape from reality", I struggled with the thought of it being unruly and untied, with the rest of our garden relaxing and kept. That's when

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I asked my 'hands on husband' to make me some raised timber beds that are so now 'en vogue'. Once finished I stood back and was converted! Neat, tidy, compact little area to sow my vegetables in, just perfect. Now, my little man can't ride his tractor over my seedling or run through my potato beds, it's heaven with boundaries set. I find it's easy on upkeep plus I get a better crop. Why? Because the raised beds help keep in moisture whilst root vegetable love the extra depth so produce larger straight veg.

The next question I asked myself was... *"Are the enough hours in the day to get my husband or friend to build these raised beds, then go to buy the compost to fill them?"* On investigating the answer was "No!". So that's when I decided to construct a website, a local online service which supplies a variety of easy assemble raised vegetable beds, delivered flat packed, organic peat free compost included along with free seed packs to get you started. A one-stop shop at the click of a button. Visit [www.littleseeds.co.uk](http://www.littleseeds.co.uk). 