



## Suppliers of Seeds and Equipment

**The Recycle Works** [www.recycleworks.co.uk](http://www.recycleworks.co.uk) has a range of equipment for children. They also have bulbs and seeds available and some excellent special offers.

**Stroud Valleys Project Eco Shop, 8 Threadneedle Street, Stroud, Gloucestershire GL5 4HQ** sells Demeter Biodynamic Seeds at £1.70 per packet. For information on Biodynamics please go to [www.biodynamic.org.uk](http://www.biodynamic.org.uk). We have a wide variety of seeds for all types of gardens and also sell gardening equipment. Demeter seeds do a collection which will provide all year round salads and lettuces. This retails at £13.50 and contains many of the varieties mentioned in our pack and also comes with a seed guide booklet. Ideal for compiling salad packs for children to take home throughout the autumn.

[http://www.organicplants.co.uk/acatalog/October\\_Winter\\_Salad\\_Selection.html](http://www.organicplants.co.uk/acatalog/October_Winter_Salad_Selection.html)

This company has a winter salad selection. Available online or telephone 01354 740553

**Suttons** ([www.suttons.co.uk](http://www.suttons.co.uk)) do a leaf mixture that can be sown up to October outdoors, for picking leaves over winter, or sown through the winter under glass or on a windowsill. It is ready to eat in just three weeks. Tel. 0844 922 0606

**Thompson and Morgan** ([www.thompson-morgan.com/quickshop](http://www.thompson-morgan.com/quickshop)) do a Salad Leaves Winter Blend selection containing a slower growing mix ideal for growing through the shorter days of winter providing a nutritious and tasty blend of brassica leaves. It includes Scarlet & Blue Curled Kale, Mustard Red Frills, Rocket Dentellata, Mizuna CN selection. Tel. 0844 2485383.

**Alpine strawberries** available from [www.jerseyplantsdirect.com/alpine-strawberry-mignonette](http://www.jerseyplantsdirect.com/alpine-strawberry-mignonette). Tel. 01534 871 113.

**Organic Catalogue** - Other strawberries are available from [www.organiccatalogue.com](http://www.organiccatalogue.com). Tel 01932 253666.

Also try **Otter Farm** ([www.otterfarm.co.uk](http://www.otterfarm.co.uk)), a pioneering organic smallholding in Devon, which has an interesting range of plants & crops.

**The Real Seed Catalogue** ([www.realseeds.co.uk](http://www.realseeds.co.uk)) is an online source of heirloom and heritage vegetable seeds all specially chosen for the home gardener. Rated '*Ethical Best Buy*' by Ethical Consumer Magazine & '*Best Seed Company 2011*' by The Horticultural Channel.

[www.vegetableseeds.net](http://www.vegetableseeds.net) was set up in 2008 and offers over 400 different types of vegetable seeds. It has free P&P on all UK orders. They aim to email you within an hour of purchase with detailed sowing instructions for the seeds in your order. This electronic method helps them keep the price of seeds low and saves paper.

## Useful Websites

[www.gardenaction.co.uk](http://www.gardenaction.co.uk)

<http://www.allotment.org.uk/grow-your-own/vegetables>

<http://www.rhs.org.uk/Gardening/Grow-Your-Own/Veg-A-to-Z>

## Bibliography

The Vegetable Expert	Hessayoni, Dr D.G	1993	pbi publications
The Playground Potting Shed	Murphy, Dominic	2008	Guardian Books
Grow Your Own Month by Month	Whittingham, Jo	2011	Dorling Kindersley Ltd
Flora Britannica	Mabey, R	1996	Sinclair Stevenson (Reed International)