



Där blommor en köksträdgård

Indoor gardening

LIGHT

Grow in a south- or east-facing window with little shade from the outside, preferably sun at least 6h/day. You can also grow in a north-facing window if you add grow light 13-15h/day.

WATER

Water regularly with lukewarm water. Better more and less often than little every day. The soil should always be kept moist - but not wet. If roots are too wet for too long, they can rot.

FERTILIZER

Indoors, we recommend adding pelleted fertilizer to the soil and continuing to provide nutrient-rich water throughout the season.

POT

Use pots with drainage holes in the bottom and saucers underneath so that you can water through properly. A clay pot dries out the soil faster than a plastic pot. Bigger pot > room for more soil > more nutrition > stronger plant > bigger harvest.

SOIL

Always use high-quality, well-fertilized planting soil. Handling soil and plants indoors means bringing nature to your home. It gives lots of power, inspiration, and joy. At the same time, it could also mean bringing pests inside. To get our best tips on how to control pests please visit www.newbotanic.se.

POLLINATION

In this collection, you need to help pollinate the tomato. Take a finger, a paintbrush, or another soft-tipped tool, to gently rub the centre of one flower to the next one.

PLANT OUTSIDE

All vegetables and herbs in this collection can also be planted outdoors (preferably in a sunny and protected location). When the risk of frost is over, you can start to harden off your plants by gradually exposing the delicate seedlings to wind, sun, and rain. Start with 1 hour/day and gradually increase the time outside. Avoid direct sunlight. After a week or so it is ready for life outdoors.

Specific tips for each seed

Cucumber curtain

FINAL PLANTING IN POT

When the seedling is about 10 cm high, plant it in a 5-10 litre pot filled with well-fertilized planting soil. Plant the seeding including the coco pellet at the same depth as the plant stood before.

TIP!

- Provide nutrient-rich water about 1 time/week when the plant starts to flower.
- Frame the window with your cucumber plant. Tie up the plant with a string that you attach to a nail above the window or in the curtain rod. Spin up the plant around the string as it grows, and it will decorate your window as a green curtain.

Tomato

TRANSPLANT 1

Transplant the tomato seedling several times to get a strong plant. Plant the tomato seedling in a pot, approx 7x7 cm. Plant a little deeper each time – then it forms new roots along the stem, and it becomes more compact.

TRANSPLANT 2

Transplant into a pot, approx. 10x10-15x15cm, approx. 2-3 weeks after the first transplant.

TRANSPLANT 3

Transplant into a pot, approx. 15x15-30x30 cm, approx. 2-3 weeks after the second transplant.

FINAL PLANTING

Final plant approx. 2-3 weeks after the third transplant. Plant in a pot, about 5-10 litres, filled with well-fertilized planting soil.

TIP!

- Provide nutrient-rich water about 1 time/week when the plant starts to flower.
- Pollinate the tomato by taking a finger, a paintbrush, or another soft-tipped tool, and gently rub the centre of one flower to the next one.
- Water regularly with lukewarm water throughout the season to avoid cracked tomatoes.
- Pinch the plant if the stem is tall and thin. Cut off the top just above the 2nd or 3rd leaf pair. New shoots will form there and the plant will become more compact. Put the top in water and let it get roots before planting it in its own pot with planting soil. 1 plant becomes 2!

Purple basil / Garden sage / Common mint

FINAL PLANTING IN POT

Final plant in a pot, approx. 10-15 cm in diameter, filled with well-fertilized planting soil when the plant is about 5 cm high. Plant the seeding incl. the coco pellet at the same depth as the plant stood before. As it grows, it can be replanted in a larger pot.

TIP!

- Provide nutrient-rich water about 1 time/week.
- We recommend pinching the basil and the garden sage plant. Pinch the plant just above the 2nd or 3rd leaf pair. New shoots will form there and the plant will become more compact. Put the top in water and let it get roots before planting it in its own pot with planting soil. 1 plant becomes 2!
- Harvest regularly. If you let it bloom, it loses flavour.

Pre-cultivation with coco pellets

HOW TO SOW
SEE INFO ABOUT SOWING TIME
ON SEED PACKAGE



Place the number of pellets you intend to use on a plate, tray, or in a mini greenhouse. Carefully open the cover on top of the pellet so that it is "open" upwards.



Pour lukewarm water on the plate to have the pellets absorb the water from below. Allow the pellets to become completely moistened and swell to their full size.



Sow the seeds according to the instructions on the seed package. Rules of thumb; a) larger seeds – larger distance between the seeds b) the sowing depth is approx. 3 times the size of the seed. Tip! Place the seeds on a light-coloured paper. Write the name and sowing date on the plant label.

THE SEEDS SPROUT
1-3 WEEKS AFTER SOWING



Cover the seed with a transparent cover (plastic film/plastic bag with holes, glass cloche). Placement on underfloor heating or in a window next to a radiator makes the seeds germinate faster. Water the tray regularly with lukewarm water – the pellets should always be humid, not to wet.



As soon as the seed has germinated and sprouted, it needs a lot of light. Place the seedling in a sunny window, preferably in an east or south-facing window or under a grow light.

TRANSPLANT THE SEEDLING
1-2 MONTHS AFTER SOWING



When the seedling has about 4-6 leaves, it is time for transplanting. If you have sown several seeds in the same pellet, you can carefully split the pellet in half so that each seedling has more room for growth.

FINAL PLANTING IN POT



Plant in a larger pot, about 7x7 cm, and fill with fertilized planting soil. Plant at the same depth as before unless otherwise specified. Water with lukewarm water so that the seedling absorbs the water from below. Some varieties need to be transplanted several times – see information on the back.



Final plant in a larger pot filled with well-fertilized planting soil. Put clay pebbles in the bottom of the pot for better drainage. See more information about final planting on the back.