

# How to Grow Your Own Rocket

Rocket is a fast, easy-to-grow crop which thrives in the ground or in containers. Its leaves have a spicy, peppery flavour that make a great addition to summer salads.

Rocket does tend to bolt (flower and run to seed) in hot weather, but the good news is that the flowers are edible. Reduce the risk by growing rocket plants in partial shade.

## Sowing

- Prepare the soil well in autumn – [here is a guide](#)
- Just before sowing, remove weeds and rake the soil surface
- Sow the seeds thinly in wide rows roughly 15cm apart
- Cover the seeds with a thin layer of soil and water in
- Sow in blocks if you want to cut smaller leaves
- For a constant supply, sow a short row every 2 to 3 weeks
- For summer sowings, choose a spot in light shade or sow between rows of other plants

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Sow												
Harvest												

## How to look after me

**Soil:** Rich, moisture-retentive

**Position:** Sunny or light shade

**Location:** Outdoors, container



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## Growing

- Water the plants well, especially in dry weather. They dislike extremes of temperature and variable conditions
- Thin the plants out if they become congested
- For very large leaves, thin to 20cm or more between each plant
- Snip off any flower stems that develop before they can set seed

## David's Top Tip

Little holes in rocket leaves are caused by a pest called Flea Beetle. The damage is aesthetic only, but you can cover crops with horticultural fleece to stop the attacks



## Harvesting

- The leaves are usually ready to harvest four to six weeks after sowing
- Start harvesting when the leaves are 8 – 10cm long
- Cut or pick the salad leaves as and when they are needed
- Picking leaves regularly will ensure that plenty of tasty new leaves keep growing
- At the end of the season, leave a few plants to flower and harvest the seeds for next year