

SUITABLE SUBSTRATE VOLUMES



1-2 litres

CROPS	Notes
Radishes	Harvested like a ping-pong ball
Carrots	Harvested thin
Baby beetroot	Harvested like a ping-pong ball
Baby turnip	Harvested like a ping-pong ball
Baby radish	Harvested like a ping-pong ball
Spring onion	Varieties that do not bulb
Garlic shoots	Garlic sown whole, shoots are cut off
Baby lettuce	Harvested by cutting when 4-5 cm
Lamb's lettuce/ Watercress	Frequent harvesting
Rocket	Frequent harvesting
Small leaf basil	Cutting the shoots, not letting them flower

3-4 litres

CROPS	Notes
Beetroot	Smaller than a tennis ball
Garlic	Until it dries
Onion	Best fresh white, for fast growth
Strawberry	Normal cycle
Spinach	Normal cycle
Lettuce	Best open, rather than closed or semi-closed (non-hearting)
Endive	Normal cycle
French beans	Frequent harvesting
Turnip	Like a tennis ball
Radish	Like a tennis ball
Leek	Do not let it get too thick
Low-growing peas	Frequent harvesting
Large leaf basil	Cutting the shoots, not letting them flower
Chives	Frequent harvesting
Thyme	Normal cycle
Coriander	Frequent harvesting
Mint	Frequent harvesting
Spearmint	Frequent harvesting

5-8 litres

CROPS	Notes
Tall-growing peas	Frequent harvesting
Broad beans	Frequent harvesting
Celery	Frequent harvesting
Parsley	Frequent harvesting
Rosemary	Normal cycle

9-15 litres

CROPS	Notes
Climbing beans	Frequent harvesting
Small-fruit peppers	Frequent harvesting
Thin stalk chard	Frequent harvesting
Gherkins	Frequent harvesting
Cucamelons	Frequent harvesting
Caigua	Frequent harvesting
Sweet potato	Normal cycle
Potato	Normal cycle

16-20 litres

CROPS	Notes
Tomato	Frequent harvesting
Cabbages	Normal cycle
Pepper	Frequent harvesting
Cucumber	Frequent harvesting
Aubergine	Better if they are small-fruited
Courgette	Fruits harvested when tender
Pumpkin	Small size like butternut or potimarron
Broad-leaf chard	Frequent harvesting
Raspberry	Frequent harvesting
Blackberry	Thornless, harvest frequently
Melon	French type



