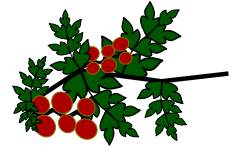


# Growing Together

## RCLC PLANTING PROJECT

### LET'S GROW TOGETHER!



Whether you are looking to do an activity by yourself or with friends and family, growing a plant from scratch is a great little project to keep you busy during iso. It is also a fun learning activity to do with your kids.

The health benefits of growing a plant range from lowering blood pressure to lifting your mood. Nature has a huge impact on health and wellness, as cortisol levels go down in a calm, green environment.

Along with a willingness to roll up your sleeves and get a bit dirty, growing a healthy plant calls for patience and basic knowledge about the plant, the proper way to tend to the soil, and the best tools to rely on. Here, we're sharing a guide for you to grow a tomato plant from seed successfully.

Tomatoes are one of the easiest plants to grow. These black cherry tomatoes have a rich, sweet, juicy flavour and are perfect to have freshly picked with a salad. They are perfect for growing in pots and containers on the patio in a sunny spot where you can enjoy watching the fruit ripen.

The fruits are early ripening and usually take around 12-14 weeks to ripen for harvesting. Once ripe, pick and enjoy!

Let's all get together and share our growing experiences with our Richmond Community. Share your weekly progress with us - Email us your photos and experiences every week, and we will share everyone's progress on our Facebook and Instagram pages.

Email: [admin@rclc.org.au](mailto:admin@rclc.org.au)

Or tag us on Facebook and Instagram #RCLCTomato

Happy Growing!

**The Team at RCLC**



RICHMOND COMMUNITY  
LEARNING CENTRE  
Spaces for Everyone



### Step 1: Sowing seeds

Sow seeds in a quality seed compost into a seed tray or large pot. Spread seeds evenly, and make sure they are also spaced evenly.



Once you have sown the seeds cover them with a thin layer (2-3 mm) of compost or perlite and water with a mister.

Place in a sunny position but not in direct sunlight. Put a piece of clear plastic over them to help keep the soil moist.



### Step 2: Germination

The seedling should germinate within about 10-14 days but this varies depending on how warm they are.

Once the seeds germinate, remove the plastic sheet and grow on until they have two sets of leaves fully open, strong stems and roots. They should be ready to pot on in around 3-4 weeks from germinating.



### Step 3: Transplanting

Once they are large enough, you can pot them on into small individual pots, 9 cm pots are perfect. Mix quality potting compost with 20% perlite and mix in well as this helps with drainage.

Pot the plants up making sure that you are holding them by their leaves to avoid damaging the stem. Grow them on until established in their new pots. Black Cherry tomatoes are ideal for growing in pots with holes.



### Step 4: Care

Tomato plants need a constant supply of water, the aim is to keep the compost moist but not wet. You will probably need to water once a day in summer once they are established. Start to feed when flowers appear with a high in potash feed, you can buy tomato feed for this and feed as directed on the instructions. Too much water can rot the roots whilst inconsistent watering or dry soil can lead to 'tomato blossom rot'.



Phone: 03 9428 9901  
Email: [admin@rclc.org.au](mailto:admin@rclc.org.au)  
Website: [www.rclc.org.au](http://www.rclc.org.au)  
Address: 15 Barnet Way, Richmond 3121

ABN 59 709 547 292 REG A0021655S PROVIDER 0668