

## Grow your own salad at home – the easy way with LECHUZA



There's nothing quite as satisfying as enjoying a fresh, homegrown salad—especially when it's grown just a few steps from your kitchen. Whether you live in a city flat, a suburban townhouse, or a countryside cottage, growing your own leafy greens indoors is easier than you might think. With the help of LECHUZA's self-watering planters, you can cultivate crisp lettuces, vibrant rocket, peppery radishes, and fragrant herbs with minimal effort, all year round.

### Why grow salad at home?

Homegrown salad leaves taste better, are more nutritious, and cut down on plastic packaging and food waste. Growing indoors also gives you control over growing conditions - no need to worry about slugs, weather changes, or a lack of garden space.

### Step 1: Choose the right LECHUZA planter

LECHUZA offers a range of self-watering planters designed for both indoor and outdoor use, perfect for growing edibles on windowsills, kitchen counters, or balconies.

Here are some great options:

- [LECHUZA BALCONERA](#) – Ideal for a sunny windowsill or balcony, this planter has enough space for a full salad selection. Its removable liner makes planting and cleaning simple. (Pictured below).

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- [LECHUZA CUBICO](#) – A sleek, upright planter that’s great for growing deeper-rooted greens or a vertical herb garden.



All LECHUZA planters feature an integrated self-watering system, which means your plants get exactly the right amount of moisture without the need for daily watering—a real time-saver for busy households. (Pictured top: CUBE Color).

## Step 2: Add the Perfect Substrate

Instead of traditional soil, LECHUZA recommends [PON](#), a mineral-based planting substrate that promotes healthy root development and excellent drainage. PON is ideal for edibles, as it’s pH-balanced, prevents root rot, and is completely peat-free.

Simply fill the planter’s liner with LECHUZA-PON up to the separator level and then add your chosen salad seedlings or seeds.

## Step 3: Choose your salad ingredients

You can grow a variety of salad essentials indoors. Here are some quick-growing, easy options:

- Lettuce (cut-and-come-again varieties like ‘Salad Bowl’ or ‘Lollo Rosso’)
- Rocket/arugula
- Baby spinach
- Radishes (try small varieties like ‘Cherry Belle’)
- Fresh herbs like basil, coriander, parsley, and chives

Choose varieties that suit your light levels - most salad crops love bright, indirect sunlight and will thrive near a south- or west-facing window.

## Step 4: Water smart, not harder

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LECHUZA's self-watering system includes a water reservoir and level indicator, so you'll know exactly when to refill. This helps prevent both overwatering and drying out, two common pitfalls in indoor gardening.

Most salad crops prefer consistently moist (but not soggy) roots, exactly what LECHUZA planters are designed to provide!

## **Step 5: Harvest and Enjoy**

Within just a few weeks, your salad garden will be ready to harvest. Use scissors to snip leaves from the outside of each plant, allowing the centre to continue growing for multiple harvests. Pair your fresh greens with a drizzle of olive oil and a squeeze of lemon, and you've got a salad that's as satisfying to eat as it was to grow.

## **Ready to grow smarter?**

Explore the full range of LECHUZA planters and start your journey to healthier, happier plants with less work and more reward – [www.thelechuza.co.uk](http://www.thelechuza.co.uk)

For more expert tips, head to the LECHUZA Academy and dive deeper into plant care, sustainable gardening, and the world of smart growing.

Don't forget - every order comes with a 30-day return policy, a three-year warranty, and the peace of mind of pet-approved planting.

For more ideas and expert guidance, visit the LECHUZA Academy or follow [@lechuza.co.uk](https://www.instagram.com/lechuza.co.uk) on Instagram.