



Grow with
Yakult

**Start growing your own tasty
Japanese vegetables and join us
on a mission to grow your mind,
body and soul!**



Grow with **Yakult**

**Join us on a journey
to grow your own
Japanese vegetables
with a mission to also
grow your mind, body
and soul.**

**Sow new plants from
seed, harvest the
results, create delicious
meals, be at one with
nature and mindful of
your wellbeing.**



Research shows that being outside and gardening - or being mindful of the outside - is good for our health!¹ So, why not harness this by growing your seeds in your garden or allotment or bringing the outside in using pots on your windowsill?

Once our vegetables are grown, we will use them to cook with Japanese chef Yuki Gomi. Join our live cook-a-longs via Facebook or Instagram to try new recipes, learn new skills and add variety to your diet.

Let's take advantage of the great outdoors, try new ingredients and do something every day to improve our wellbeing!

Wellness



Get inspired with an appreciation of nature. Science says that spending time in the great outdoors is fantastic for our wellbeing!

Exposure to green spaces and outdoor sunlight, including our own gardens, has been proven successful at increasing levels of vitamin D, improving mental wellbeing, reducing depression and anxiety symptoms, while also having a positive effect on stress reduction.^{2,3}

Take advantage of the increasingly longer days and if you're feeling a little stressed, here's a teeny tiny tip. Listening to the sounds of nature can be a great way to help you relax.^{4,5}

Here at Yakult, looking after our wellness is at the core of everything we do. Grow With Yakult aims to help us all experience some of the many health benefits that gardening can bring.

Cooking

Taking time to cook is a great way to socialise and get the family together.

Did you know? Cooking can also have a positive effect on mental wellbeing through growing our self-confidence, enhancing our life skills and encouraging healthier eating habits.^{6,10}

Let's get started and Grow With Yakult!

Sign up to join our cook-a-longs and share your growing experiences via Facebook or Instagram

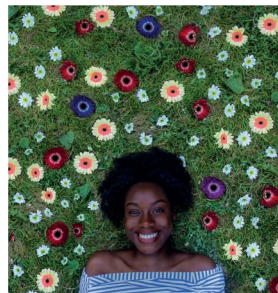
What's more, gardening can give you a workout equivalent to taking a walk or Yoga, so why not give yourself a full body workout and grow yourself fit!⁶

Indoors! Sharing your space with living plants has a positive effect on your mental wellbeing!

Even if you don't have a garden, you can grow indoors, and research has found that interaction with indoor plants can reduce psychological stress, as well as improve mood, stress levels and overall cognitive health.^{2,7}

A small bit of focus can increase happiness levels. Brief and rare mental breaks can keep you focused, so why not use that time to tend to your plants?⁸

Gardening



Top Tips

Whether you have been gardening forever or this is your first time trying, we hope you find our top gardening tips helpful.

- 1 Start small! You can grow lots in pots – like our Japanese seeds – on your windowsill or balcony, as well as of course in your garden or allotment if you have one.
- 2 Grow things you like to eat and also experiment with something new.
- 3 Use empty loo rolls to start your seeds off if you don't have small pots. Fill with compost, add your seeds, watch them grow and transplant into larger containers or in the garden when they are ready.
- 4 If you're planting out young seedlings make sure the roots fall vertically in the planting hole, and make sure the hole is deep enough to accommodate the roots. Firm in well after planting.
- 5 Make sure your pot has drainage holes so that your vegetables do not become water-logged.
- 6 Remember, if you are gardening in containers outside or in pots on your windowsill, your plants will dry out quicker so keep an eye on them and top up with water regularly.

In the garden

- Plant flowers and herbs alongside your vegetables – they look great and will encourage bees and pollinators to visit your garden.
- Install a water butt/empty container to collect rainwater to water your vegetables.
- The best time to water plants is early in the morning and late in the evening.
- Regularly weed so that the weeds do not overwhelm your vegetables.
- Composting can save you money and reduce food waste. Compost bins are sometimes given away for free so keep an eye out for them. You can use any organic matter (meat, fish, dairy or cooked food is not recommended to avoid pests), to make your own compost!

Keep going...

- When harvesting leafy greens, regularly pick a little from each plant to encourage further growth.
- You can extend your harvesting period by planting new seeds at 2-4 week intervals throughout Summer.
- Keep a diary: Make a note of when you planted, what did well and what grew where. It'll help you plan what you grow next year.
- Don't worry if something goes wrong, try again and learn from your experiences.
- Most importantly of all... Enjoy yourself! Take time out to enjoy your plants either in your garden or on your windowsill, sit for a while and unwind with nature.



Ishikura Onion

Ishikura onions have a mild, sweet flavour between a spring onion and a leek. They're very versatile and can be harvested at any point when grown; additionally, the creamy white flowers are attractive to bees!



Stir Fried Egg Noodles with Ishikura Onions, Mushrooms & Roast Cauliflower in Dengaku Sauce

This recipe celebrates the tasty sweetness of stir-fried Ishikura onions infused in aromatic flavours of oriental mushrooms with egg noodles. Serve with roasted cauliflower with Dengaku sauce!

Ingredients

Cauliflower & Dengaku Sauce

¼ Cauliflower, 200g

Vegetable oil or Sunflower oil

1tbsp Miso

2tsp Mirin

1tsp Sake

1tsp Dark brown sugar

Stir Fry

100-150g Egg noodles, dried

1tsp Sesame oil

1tbsp Vegetable or Sunflower oil

100-150g Ishikura Onions

3cm Ginger, 20g

2 cloves of Garlic

3-4 Shiitake mushrooms, dried

200g Mix of Oriental mushrooms, King Oyster, Shimeji, Oyster or Maitake or Enoki

½ Red pepper, 50g

50g Green beans

1tbsp Sake

2tbsp Shiitake mushroom stock

2tbsp Soy sauce

1tbsp Mirin

Garnish

Sesame seeds

Seven Spice, Nanami Togarashi

Chives, finely chopped

Method - Serves two

Cauliflower & Dengaku Sauce

Pre-heat the oven to 190°C.

Cut the cauliflower into bite sized florets and place them onto a baking tray, lined with baking paper.

Drizzle on a generous amount of vegetable oil.

Place the tray in the oven for 20 minutes or until tender. The florets should have a light golden-brown colour.

To make the Dengaku miso sauce, mix together the miso, mirin, sake and dark brown sugar.

Take the cauliflower out of the oven. Drizzle the Dengaku sauce over each floret. Bake in the oven for a further 2-3 minutes.

Remove from the oven and put to one side, ready to serve.

Stir Fry

Prepare the Shiitake mushroom stock, by soaking the Shiitake mushrooms in 150ml of cold water, 2-3 hours in advance.

Peel and finely slice the ginger and garlic.

Chop the Ishikura onions diagonally, into 3-4 cm pieces.

Slice the red pepper into thin strips, taking out the seeds.

Trim the green beans and chop into thirds. Blanch the beans quickly in boiling water for 1 minute, then drain.

To prepare the sauce, mix together the Shiitake stock, soy sauce and mirin. Set to one side, ready for use when stir-frying.

Yuki's Tips

Ishikura Onion alternative:
Spring onion or baby leeks

If you are short on time, soak the Shiitake mushrooms in 150ml of boiling water for 15 minutes.

Follow the noodle brand's instructions for the exact cooking time.

Dengaku sauce will keep well in the fridge for 1 week and you can use it as a stir fry sauce.

To prepare the mushrooms

Remove the Shiitake from the water (reserve the water, this is your stock) and squeeze them out to remove most of the water.

Slice the Shiitake and King Oyster mushrooms thinly, removing the stalks.

Remove the stalks of the Shimeji and Maitake mushrooms and break them into smaller pieces by hand.

Trim the base of the Enoki mushrooms and cut them in half.

Heat up a wok or frying pan, with vegetable oil, on a medium heat.

Fry the ginger and garlic for 1 minute.

Add all of the mushrooms and stir-fry for a further 2-3 minutes, until they are cooked through.

Add the sake and red pepper and cook for another minute.

Add the green beans, stir once and remove the pan from the heat.

Bring a pan of at least 1 litre of water to the boil. Cook the egg noodles for 2-3 minutes.

Drain the noodles and drizzle them with sesame oil.

Place the pan with the stir-fried vegetables back on a high heat. Add the noodles and quickly pour over the sauce. Stir well, for 1 minute.

Transfer the stir-fried vegetable noodles to a serving plate.

Scatter over the sesame seeds, chives and seven spice.

Serve with the roast cauliflower Dengaku, either on a side dish or scattered on top.

Suggestions for Ishikura Onions

Try them raw in your sandwiches or salads like spring onions or leave them to grow like leeks and sauté. In Japan, they are often used in braised dishes or simmering hot pot dishes.



Mibuna

Mibuna has a sweet mustard flavour which intensifies as the plant matures and the leaves are delicate like baby spinach.



Goma-ae Mibuna & Teri-Goma Chicken Rice Bowl

Simple to make Japanese rice, accompanied with Sesame Teri Chicken and a Mibuna side dish drizzled in Goma-ae sauce, perfect for weeknight dinners and make-ahead lunches!

Ingredients

Sesame Teri-Chicken

300g Japanese rice
360ml Water
250-400g Chicken thighs or Firm Tofu
½tsp Black pepper
2tbsp Cornflour, dusting
2tbsp Sake
1¼tbsp Soy Sauce
½tsp Honey
Vegetable oil or Sunflower oil
1tbsp Sesame seeds, ground
½tbsp Miso
1¼tbsp Mirin

Goma-ae Mibuna

150g Mibuna
2tbsp Sesame seeds, ground
2tsp Soy sauce
1tsp Brown sugar

Garnish

1tbsp Chives or Spring onion, chopped
Seven Spice, Nanami Togarashi

Method - Serves two

Rice

Wash the rice thoroughly in a sieve, until the water turns clear.

Drain the rice and transfer it into a pan, adding 360ml of cold water. Leave it to stand for 30 minutes to soak.

Bring it to the boil, then reduce the heat and cover. Let it simmer for 8-9 minutes.

Turn the heat off and let it stand to cool for a 5-10 minutes with the lid on.



Yuki's Tips

Mibuna Alternative: Spinach

If using tofu, make sure you use a good quality firm or super-firm version.

Silken or soft tofu won't work for this dish as it will break up in the frying pan.

Goma-ae Mibuna

Cook the Mibuna by blanching in boiling water for under 30 seconds. Drain and set to one side.

To make the Goma-ae sauce, use a pestle and mortar to grind the sesame seeds.

In a small bowl, mix in the ground sesame seeds, soy sauce and brown sugar.

Pour the sauce over the cooked blanched Mibuna and mix through.

Cut the chicken or tofu into pieces, approximately 3cm square. Dust each piece with cornflour.

Heat up some vegetable oil in a non-stick pan, over a medium heat. Add the chicken or tofu pieces and fry for 3 minutes on each side until cooked.

Meanwhile, mix all the Sesame Teri sauce ingredients: sake, soy sauce, miso, mirin, honey and ground sesame in a bowl.

After the chicken or tofu is cooked, in the same pan, pour the sauce over. Keep cooking to caramelise the chicken with the sauce, for around 30 seconds. Remove the chicken from the pan. Keep the remaining sauce.

To serve, place a generous portion of the Japanese rice in a bowl. Top this with some of the Goma-ae Mibuna and place pieces of the chicken or tofu on top. Pour over the remaining sauce.

Suggestions for Mibuna

They are ideal for baby leaf salad, stir fry, soup and can also be pickled. Mibuna can be blanched and used as a topping for ramen noodles or stir-fried like Morning Glory and served with ginger and a light dressing.



Radish Mooli Minowase

(Japanese Daikon Radish)

Radish Mooli Minowase; also known as Japanese Daikon radish and often called Mooli, is renowned for its distinctive large white root, its clean aroma and distinct peppery flavour.



Tofu Patty 'Ganmodoki' with Daikon Sauce and Soba Noodles

A delicious vegetarian patty with soba noodles in a Kombu and Tsuyu sauce, inspired by Shojin Ryori, a type of food served in Japanese temples.

Ingredients

Dashi (Stock)

600ml Water
5g Kombu, dried, 2-3 pieces
2-3 Shiitake mushrooms, dried
Alternatively use a Dashi stock or powder

Tsuyu Sauce

40ml Soy sauce
40ml Mirin
100ml Dashi
10cm Daikon, grated

Tofu Patties

300g Firm tofu
50g Carrots
1tbsp Dried Hijiki
40g Edamame
1 Egg
2-3 Shiitake mushrooms (from the dashi)
2tbsp Cornflour or Cassava flour
1½tbsp White miso
1tsp Soy sauce
1tsp Mirin
1tbsp Toasted sesame seeds
500ml Vegetable oil

Noodles

150g Soba noodles, dried

Garnish

1tbsp Chives, chopped
Seven spice, Nanami Togarashi
Toasted sesame seeds

Method - Serves two

Dashi Stock

Wipe the Kombu clean with a cloth (do not wash).

Rinse the Shiitake mushrooms. Put 1 litre of water in a pan and soak the Kombu and mushrooms for at least 30 minutes. Don't drain or throw away the liquid, this will become the Dashi stock.

Squeeze out the mushrooms that have been soaking. Remove them from the water. Set them to one side. Leave the Kombu in the water.

Heat the water up on a medium heat. As the water comes to a boil, turn off the heat and take out the Kombu.

Tsuyu Sauce

Put the soy sauce, mirin and Dashi into a pan and bring to a boil.

When it starts boiling, remove from the heat.

Pour the sauce into a sauce plate.

Grate the Daikon and add to the sauce.

Tofu Patties

Soak the Hijiki in a bowl of cold water for 15 minutes.

Wrap the tofu in kitchen paper and gently squeeze to remove the excess water.

Yuki's Tips

Daikon Alternative: small red radishes

Add a little more white miso if you prefer a stronger flavour.

Do the same for the Shiitake mushrooms reserved from making the dashi. Slice them thinly.

Strain the soaked Hijiki, ready for use.

Chop the carrots into small matchstick size pieces.

Add the carrots, Hijiki, mushrooms and edamame together in a bowl.

To this mixture, add a beaten egg, flour, miso, soy sauce, mirin, sesame seeds. Mix together by hand to bind the ingredients together.

Form the combined mixture into small patties. This recipe will make around 8.

Heat up the oil in a deep frying pan and shallow fry the patties for 3 minutes each, or until golden brown. Remove once ready to a plate with a paper towel.

Soba Noodles

Bring a big pot of water to the boil. Add in the soba noodles, cook for 4-5 minutes or as per the packet instructions.

Drain the water and rinse them under cold water and leave them to one side in the colander.

Plating and Serving

Place the noodles into a serving bowl, top with a heaped tablespoon of the grated Daikon from the Tsuyu sauce and 3-4 Ganmodoki patties.

Pour over 2-3 tbsps of Tsuyu sauce first, per bowl and top up each bowl with stock, to make a light soup.

Serve with Japanese seven spice, chopped chives and toasted sesame seeds.

Suggestions for Radish Mooli Minowase

Daikon is often stir-fried, shredded or sliced into salads and used in sauces. It can be grated to produce a garnish for sashimi and is lovely pickled. The greens can also be eaten raw in salads or added to soups and other hot dishes.



Mizuna

Mizuna, also known as spider mustard, has distinctive, vibrant green serrated edged leaves that are decorative and delicious. They have a fresh and light peppery flavour.



Mizuna Fresh Spring Rolls 'Nama Harumaki'

'Nama' translates as raw and 'Harumaki' as Spring Rolls; they are light and perfect for Spring and Summer. This recipe has three tasty filling options: poached salmon, prawn, and avocado and carrot.

Ingredients

Mizuna Yuzu Salsa Verde

A clove of Garlic
 2cm (1 tsp) Ginger
 A handful of Coriander leaves or fresh Shiso leaves
 1tsp Rice vinegar
 2tbsp Soy sauce
 60ml Olive oil or Sunflower oil
 2tbsp Yuzu juice or Lemon juice
 20g Mizuna
 1tsp Sugar
 1tsp Dijon Mustard

Sesame Mustard Sauce

1½tbsp Tahini
 1tsp Light brown sugar
 1tbsp Soy sauce
 2tbsp Rice vinegar
 1tsp English mustard
 1-2tbsp Water

Spring Roll Fillings

6 Dried round rice paper sheets

Fillings (3 different, choose two)

100-150g Salmon fillet,
 4 King prawns, peeled, cooked or raw
 ½ Avocado & 1 Carrot (alternative veggie filling for 6 rolls)

Ginger skins (ginger peel used from sauce)

150g Mizuna
 6tbsp Crispy fried onions
 4-5 Radishes

Method - Serves two (6 rolls)

Salsa Verde

Peel the ginger and set the peeled skins to one side. Put the peeled ginger into a blending bowl.

Cut away the whiter stalks of the Mizuna green leafy tops. Put the green leaves in the blending bowl. Discard or set the stalks aside to use as a filling for the spring rolls.

Add all the remaining Salsa Verde ingredients to the mixing bowl and blend with a food processor into a fine paste. Set aside.

Sesame Mustard Sauce

Put all the ingredients into a small bowl. Mix them together well, until creamy. If it is too thick, try adding a little water.

Poached Salmon Filling

Fill a pan with water, throw in the ginger peels and bring to the boil.

Add the salmon fillets and poach for 6-10 minutes.

Take the fillets out of the water, place onto a kitchen roll on a plate and pat dry.

Flake the salmon into small pieces. Divide the salmon flakes into 3 portions, ready to use for each roll.

Yuki's Tips

Mizuna Alternative: Rocket

You can use other types of seasonal, sustainable fish too: cod, haddock, tuna, sea bass, seabream or tinned tuna. Instead of dipping the rice sheet, you can lay it flat, ready for rolling and spray it with water first.

Prawn Filling

Bring a pot of water to the boil. Add the prawns and cook for 30-60 seconds. Drain and set aside.

Vegetarian Filling option

Half the avocado and slice thinly. Slice the carrots, julienne. Set both to one side.

Rolling

Cut the radishes into fine slices.

Chop the Mizuna into 5cm lengths, ready for the rolls.

Place the rice sheets one by one in a flat bowl of lukewarm water for up to 10 seconds.

Place the soft sheet on a chopping board.

- Put single slices of radish in the centre of the sheet.
- On top of this, place 2-3 tablespoons of your chosen filling.
- Top this with the chopped Mizuna and a tablespoon of crispy fried onions.

To form the roll, fold the left and right sides over the top of the ingredients toward the centre, so they are not quite touching. Bring the lower part of the sheet up to the centre. Fold down the remaining top part of the sheet to seal.

Enjoy with the Salsa Verde and Sesame Mustard dipping sauce.

Suggestions for Mizuna

It can be used in fresh salads, stir fries, soups or blanched.



Tatsoi

Tatsoi is from the same family as Pak Choi and Bok Choi. Tatsoi has dark green leaves with a mild mustard flavour and a good crunchy texture!



Steamed Prawn Gyoza Dumplings & Tatsoi with Yuzu Sauce

Not only do these dumplings look great with their unique and distinctive shape, these little bundles of deliciousness go perfectly well with the fresh Yuzu sauce.

Ingredients

Gyoza Skins

100g Plain flour & 50g Strong flour mix
Or 150g of All-purpose flour
50g Tapioca flour
100ml Boiling water
½ tsp Sesame oil
A pinch of salt
Cornflour for dusting

Gyoza Fillings

250g Fresh prawns, shelled, cleaned & cooked
2tbsp Chives, chopped
¼tsp Ginger, grated
3 Shiitake mushrooms, dried or fresh
1tsp Toasted sesame oil
¼tsp Sake (optional)
A pinch of salt
3-4 Tatsoi leaves (to line the steamer basket)
200g Tatsoi

Yuzu Sauce

1tbsp Yuzu juice
2tsp Rice vinegar
2tbsp Soy sauce
2tbsp Sunflower oil or Olive oil

Method - Serves two

Gyoza Skins

Pour the flour and salt into a large bowl.
Add the boiling water and sesame oil, then mix with a fork or chopsticks until it is cool enough to be picked up by hand.
Using your hands, knead the dough for at least 5 minutes.
Wrap the dough with clingfilm. Set aside for 30 minutes at room temperature.

Using a rolling pin, roll out the dough into a long (3cm) wide rectangular length.
Cut it into 24-26 equal pieces.

Roll each piece into a small ball by hand.
Use the rolling pin to roll them out into thin circular skins. Dust with cornflour to keep each gyoza skin separate.

Yuki's Tips

Tatsoi Alternative: Pak choi, Komatsuna, Choi sum, Bok choy, Tenderstem Broccoli

The best steamer for this recipe is a bamboo Asian style steamer. However, you can use any type of steamer. Just cook the tatsoi first before steaming the gyoza.

If using dried shiitake mushrooms, soak them in cold water for 2-3 hours or add boiling water for 15 minutes.



Filling

Cut half the prawns roughly into small pieces. Finely dice the other half of the prawns or use a food processor. This will give the filling a great texture.

Chop the Shiitake mushroom finely.
Put the prawns, Shiitake mushrooms, chopped chives and grated ginger into a bowl.

Add the sesame oil, sake and a pinch of salt. Mix well by hand until combined.

Place one small tablespoon of gyoza filling in the centre of a gyoza wrapper. Dab a little water on the wrapper edges.

Pinch together the wrapper edges to make four points that meet in the centre. The gyoza should look like a windmill. Repeat with the rest of the filling and wrappers to make 24-26 gyozas.

Pour water into a large pot and place a steamer on top. Place 2-4 Tatsoi leaves to line the inside of the steamer; this will stop the gyoza sticking and becoming soggy.

Place over medium to high heat and bring to the boil for a few minutes.

Place the gyozas on top of the Tatsoi leaves.

Cut the rest of the Tatsoi into 10cm pieces. Place them into another steam basket.

Put the lid on and steam for 5-6 minutes.

Yuzu Sauce

To prepare the dipping sauce, mix the Yuzu juice, soy sauce, rice vinegar and oil in a small sauce bowl.

Once the gyozas and Tatsoi have finished steaming, take them out to the serving plate and eat them straight away, they are best served hot with the Yuzu sauce.

Suggestions for Tatsoi

Tatsoi can be eaten raw in mixed salads, soups, or in any Asian recipes. Try stir-frying Tatsoi with garlic, soy sauce and rice vinegar with some crispy tofu!

Sowing Instructions



Ishikura Onion

Sow outside at a depth of 5-10mm in full sun-partial shade in well-drained soil from late Spring onwards.

Space rows 300mm apart and scatter seed in the row at the rate of three seeds per 25mm.

When seedlings are large enough to handle, replant to 75mm apart and 50mm deep.

Harvest young plants in 90 days or up to 120 days for mature plants.

Fertile, moist soil enriched with compost is best for onion production.

Germination Time

10-20 days



Mibuna

Sow from early Spring-Autumn. Cover seed with 5mm of fine soil.

Sow at 2-4 week intervals for continued harvest.

Keep soil moderately moist during germination.

Space rows about 600mm apart or closer if limited in space.

Thin plants gradually to 300mm apart in rows. Enjoy thinned greens in a salad.

Harvest outer leaves when young for best flavour, leaving inner leaves to grow out.

Germination Time

Spring – 14-21 days
Summer – 7-14 days



Radish Mooli Minowase

Plant outside in full sun from Spring onwards as early as soil can be loosened and worked.

Plant one seed every 50mm lightly covering with soil. These plants get large so do not sow thickly.

Keep soil moist.

Germination Time

5 - 7 days



Mizuna

Sow from early Spring-Autumn. Cover seed with 5mm of fine soil.

Sow at 2-4 week intervals for continued harvest.

Keep soil moderately moist during germination.

Space rows about 450mm apart or closer if limited in space.

Thin plants gradually to 150mm apart in rows. Enjoy thinned greens in a salad.

Harvest outer leaves when young for best flavour, leaving inner leaves to grow out.

Germination Time

Spring/Summer - 3-7 days
Autumn - 14-21 days



Tatsoi

Sow thinly at 8-10mm depth from after the last frost until mid-August every 3-4 weeks directly into prepared fine soil with at least 150mm between rows.

Keep soil moist.

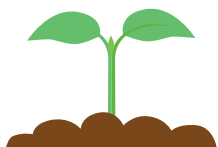
Thin seedlings as they grow for baby leaves for salads leaving mature plants approximately 300mm apart.

Pick individual leaves as required.

Germination Time

5-15 days

Water all seeds. Keep them clear of weeds!



These vegetables can also be grown in patio containers or in pots on your windowsill.

If you are growing on your windowsill you should:

Sow a few seeds in small pots or recycle an empty loo roll, filled with compost, keep them well watered.

Leave on your windowsill or somewhere warm to germinate.

Once germinated (a small seedling has formed) leave somewhere bright to grow and keep watered.

As the seedling grows it will grow towards the light, move your pot around so that it gets light on all sides.

When your seedling has grown 2 sets of leaves you should transplant into a bigger pot so it can grow bigger.

Glossary

Germination/ Germinate

Germination is when a seed starts to sprout into a tiny plant. It requires warmth, water and light.

Rows

Seeds are sown in a row or a line to give enough space for the vegetables to grow. It can also help you identify weeds.

Seedlings

A seedling is a young plant grown from a seed.

Sow

Sowing is when you put seeds into soil or compost.

Sun Exposure

the amount of sun or shade each plant needs to thrive.

Full Sun

6 or more hours of direct sun a day

Partial Sun or Partial Shade

4 to 6 hours of direct sun a day

Full Shade

less than 4 hours of direct sun a day

Thin/Thinning

Removing seedlings where they are overcrowded to allow those left in the soil to grow bigger. Surplus seedlings can usually be eaten, especially in the case of salad crops.

Well-drained soil

Soil that allows water to drain away gently without it building up into a puddle. Note: when soil drains too quickly plants do not have time to absorb enough water and can fail.

Notes

Please note all gardening tips, recipes, serving sizes and any nutritional information have been provided as guidance only; gardening, cooking instructions and nutritional information may vary dependent on usage. Nutrition and wellbeing information in this publication is intended to provide factual and impartial information.

The Grow with Yakult Guide was published in March 2021; to the best of our knowledge all content was correct at the time of going to print. Any mention of external organisations in this publication does not imply endorsement of the publication or Yakult.

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Contributors

Yuki Gomi @ Yuki's Kitchen for photography and recipe development.



Grow with Yakult

Let's get started and Grow With Yakult!

Remember to share your experiences using #GrowWithYakult and sign up to join our live cook-a-longs via Facebook or Instagram, learn new skills and diversify your diet.

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