



WATER

Water is essential for plant growth. A good watering routine and effective drainage will help. If you ensure your soil is healthy and has a good structure, it will go a long way in helping to regulate water.

Watering routine

How you water is crucial – it's the roots that need it so water the soil not the leaves. Give the soil a good soaking which will encourage deep root systems to grow. If it's a hot sunny day, be sensible about when you water – evening is the best time. Water regularly, try to avoid letting the soil dry out or over-watering as this could cause problems including diseases.

Drainage

In the UK, inadequate drainage is the most common cause of poor plant growth. Ensure your containers and beds have adequate draining holes so that the soil doesn't become waterlogged.

Water source

Rainwater contains nutrients that tap water doesn't have. If possible, install water butts – as many as you have room for. You will also be saving energy by using rainwater instead of tap water.

