

Grow-your-own greenery

Last month, I was banging on about growing your own sprouts – and now I find that you can grow your own salad on your windowsill. All it requires is a bit of watering. These fun baby salads are available in many exotic varieties, and they're ready to cut before you cram them into sandwiches or drizzle them with olive oil. Living salads, from £1.49 at most major supermarkets.

