



BEETROOT

SOWING & PLANTING

Sow the beetroot seeds about 2.5cm deep and 10cm apart. If two or more seedlings appear in one sowing station, remove the excess seedlings to leave just one. Sow rows of beetroot every month so you're not harvesting all at once.

GROWING

As your seedlings grow, keep the ground moist and weed free. During dry periods, you'll need to water every two weeks. When roots are about the size of a golf ball, they can be harvested.

SOWING & PLANTING TIME ● **HARVEST TIME** ●



SWEETCORN

SOWING & PLANTING

Sow the sweetcorn seeds in deep pots or make your own using rolled up newspaper. Each pot should contain two seeds and placed in a greenhouse or on a warm windowsill until the seedlings emerge.

GROWING

Once the plants are about 13cm tall and the threat of frost has passed, you can move them outside. Plant them about 45cm apart and water well. As it grows, keep the soil moist.

SOWING & PLANTING TIME ● **HARVEST TIME** ●



BELL PEPPERS

SOWING & PLANTING

Peppers need a long growing season so are usually sown quite early in February or March. Sow several seeds in small pots, place in a warm room (15-21°C) and water well. When the seedlings are large enough, transfer individually to 9cm pots.

GROWING

As the plant grows, support using a cane if necessary. Keep the plant watered but be careful not to overwater. The peppers will take up to 3 weeks to change colour from green to red.

SOWING & PLANTING TIME ● **HARVEST TIME** ●



RED ONIONS

SOWING & PLANTING

Sow seeds along a row about 1cm deep and when seedlings appear, remove some to leave about 5cm between them. When they are larger and more upright, thin them out again to leave about 10cm apart.

GROWING

Once the bulbs are growing well, keep the rows free of weeds and water only when the weather is really dry. When the bulbs are mature, the plant will topple over and be ready to harvest.

SOWING & PLANTING TIME ● **HARVEST TIME** ●





CARROTS

SOWING & PLANTING

Sow the carrot seeds in rows about 15cm apart in a multi-purpose compost or growbag. Keep the area free of weeds as they may crowd the carrots. Be careful when weeding or thinning that you don't crush the foliage, as the smell attracts carrot fly (a pest).

GROWING

Continue to thin out your carrots as they grow and keep them well watered. Make sure the roots are covered with soil at all times and harvest when they have grown to the size you prefer.

SOWING & PLANTING TIME ● **HARVEST TIME** ●



ASPARAGUS

SOWING & PLANTING

Asparagus likes a well-drained, sunny site, enriched with garden compost. The crowns are usually bought in the dormant season and planted in early spring. Place them in a trench about 30cm wide and 20cm deep. Cover with 5cm of soil and firm down.

GROWING

Some spears will appear in the first year but resist cutting these as you want feathery, fern-like stems to develop. Keep the beds weed-free by hand, as shallow roots are easily damaged.

SOWING & PLANTING TIME ● **HARVEST TIME** ●



RED CABBAGE

SOWING & PLANTING

Red cabbage likes a sunny spot and is ideal for small vegetable plots. Sow in pots rather than the ground as small seedlings are very attractive to slugs and snails. Water well and place on a windowsill until the plants are large enough to handle.

GROWING

When plants are about 10cm high, they can be planted outside. Make sure you firm the soil around the plant as cabbages won't produce a solid heart if planted loosely.

SOWING & PLANTING TIME ● **HARVEST TIME** ●



COURGETTES

SOWING & PLANTING

Courgettes are tender vegetables so are usually sown in containers and kept in warm conditions until the end of May. Sow one seed per pot and place on a warm windowsill. Keep an eye on them daily as they germinate very quickly.

GROWING

When planting outside, dig a 30cm hole with similar diameter and fill with garden compost. Try to plant in a sheltered spot as the wind can sometimes damage weaker stems.

SOWING & PLANTING TIME ● **HARVEST TIME** ●





TOMATOES

SOWING & PLANTING

Fill small pots with compost and sprinkle the seeds on the top. Cover with about 6mm of compost, water lightly and place on a warm windowsill. Once the seedlings are big enough, separate into individual pots and grow in a warm, well-lit spot.

GROWING

Depending on the variety of tomato, your plant will either grow as a bush or needing the support of a cane. When the first fruits appear, feed with a liquid tomato fertiliser weekly.

SOWING & PLANTING TIME ● **HARVEST TIME** ●



PEAS

SOWING & PLANTING

Peas can be sown directly into the ground from March. Sow seeds about 5cm apart in a single row, to a depth of about 4cm. The seeds are very attractive to birds so make sure you cover them with netting or sow in a greenhouse.

GROWING

All pea varieties will need some kind of support to help their growth. When the plant starts to flower and the pods form, keep the plant well watered.

SOWING & PLANTING TIME ● **HARVEST TIME** ●



ROCKET

SOWING & PLANTING

As the name suggests, Rocket is very fast growing and highly productive. Sow your seeds about 5cm apart and to a depth of about 1cm. The plant will produce a seedling after about 7-14 days.

GROWING

After about 4 weeks, the leaves will be ready to pick. Be sure to keep the soil moist and free of weeds. Give the plant some shade in hot weather to avoid leaves becoming tough.

SOWING & PLANTING TIME ● **HARVEST TIME** ●



CAULIFLOWER

SOWING & PLANTING

Cauliflowers like a sunny or partly sunny site and a good fertile soil. Sowing indoors in containers is a good idea as seedlings are easily damaged by slugs. When the plants are about 10cm high, they can be planted outside about 60cm apart.

GROWING

Young cauliflowers are a popular source of food for pigeons, so cover the crop with netting. If the crop is not growing well, apply a high nitrogen feed to give it a boost.

SOWING & PLANTING TIME ● **HARVEST TIME** ●





OLIVES

SOWING & PLANTING

Olive trees are particularly difficult to grow from seed, so if you can, start off with a young plant. Olive trees will be damaged if they encounter temperatures less than -10°C so make sure it is situated in a warm, sunny spot.

GROWING

In order to initiate flowers and fruit, olive trees need a two-month period of cold weather (with temperatures below 10°C). Very dry conditions will affect flowering so don't forget to water.

SOWING & PLANTING TIME ● **HARVEST TIME** ●



PUMPKINS

SOWING & PLANTING

Pumpkins are tender plants and should be sown individually in 9cm pots. Place on a warm windowsill and check them daily as they are quick to germinate. When all danger of frost has passed, move the young plants outside.

GROWING

If you're growing pumpkins to eat and not to carve for Halloween, harvest them when they are small. Pumpkins are a winter squash and may take some time to produce flowers and fruit.

SOWING & PLANTING TIME ● **HARVEST TIME** ●



CHILLI PEPPERS

SOWING & PLANTING

Peppers need a long growing season so are usually sown quite early in February or March. Sow several seeds in small pots, place in a warm room (15-21°C) and water well. When the seedlings are large enough, transfer individually to 9cm pots.

GROWING

As the plant grows, support using a cane if necessary. Keep the plant watered but be careful not to overwater. The peppers will take up to 3 weeks to change colour from green to red.

SOWING & PLANTING TIME ● **HARVEST TIME** ●



BROCCOLI

SOWING & PLANTING

Broccoli seeds can be sown directly into the ground outside. When the seedlings come through, remove a few to help reduce overcrowding. Once they're about 5cm tall, move the plants so that each one has about 60cm either side.

GROWING

Unfortunately, garden pests love to eat broccoli. Cover young plants with a fine netting and check daily for any problems. Spraying with water will help remove the common whitefly.

SOWING & PLANTING TIME ● **HARVEST TIME** ●





ONIONS

SOWING & PLANTING

Sow seeds along a row about 1cm deep and when seedlings appear, remove some to leave about 5cm between them. When they are larger and more upright, thin them out again to leave about 10cm apart.

GROWING

Once the bulbs are growing well, keep the rows free of weeds and water only when the weather is really dry. When the bulbs are mature, the plant will topple over and be ready to harvest.

SOWING & PLANTING TIME ● **HARVEST TIME** ●



GARLIC

SOWING & PLANTING

Autumn is the best time to plant garlic because the upcoming months actually help produce a hearty bulb formation. Split the bulbs into individual cloves and plant with the pointed end upwards — about 5cm deep and 15cm apart.

GROWING

Between May and June, the leaves will start to wither and growth will stop. At this point, remove the bulb and leave it to dry on the soil surface for about a day.

SOWING & PLANTING TIME ● **HARVEST TIME** ●



CABBAGE

SOWING & PLANTING

Cabbage likes a sunny spot and is ideal for small vegetable plots. Sow in pots rather than the ground as small seedlings are very attractive to slugs and snails. Water well and place on a windowsill until the plants are large enough to handle.

GROWING

When plants are about 10cm high, they can be planted outside. Make sure you firm the soil around the plant as cabbages won't produce a solid heart if planted loosely.

SOWING & PLANTING TIME ● **HARVEST TIME** ●



POTATOES

SOWING & PLANTING

Potatoes grow from tubers, which are the storage organs produced by the roots. When planted in spring, shoots will develop and produce more tubers. Plant seed potatoes about 13cm deep and 30cm apart with the shoots facing upwards.

GROWING

Once leaves start to appear, cover them with soil. This will encourage more shoots and tubers to form. Do this 2-3 times as the plants grow and harvest when potatoes are the size of an egg.

SOWING & PLANTING TIME ● **HARVEST TIME** ●





AUBERGINES

SOWING & PLANTING

The aubergine plant is an attractive bushy shrub that appreciates a hot summer to produce fruit. Use 9cm pots, sow about 8 seeds on the surface and sprinkle with a little compost. Water well and place on a warm windowsill with temperatures of about 20°C.

GROWING

Move seedlings into their own individual pots when large enough to handle. When the plants are about 30cm high, remove the growing tip to encourage other shoots to develop.

SOWING & PLANTING TIME ● **HARVEST TIME** ●



CUCUMBERS

SOWING & PLANTING

Sow seeds about 1cm deep in 9cm pots. Cucumbers need a very warm environment to germinate — around 24°C. Once seedlings have developed, move to a greenhouse or well-lit spot, making sure the temperature doesn't drop below 15°C.

GROWING

By about May, the plants could be transferred to a compost or growbag. Feed the plants weekly with a high nitrogen feed and remove any flowers to encourage the plant's energy to the fruit.

SOWING & PLANTING TIME ● **HARVEST TIME** ●



RADISHES

SOWING & PLANTING

Radishes will tolerate a little shade and are ideal for growing between larger-leaved vegetables. Sow seeds about 2.5cm apart and cover with a horticultural fleece to protect from flea beetles, which punch tiny holes in the leaves.

GROWING

Water the crop well, especially in dry conditions, to encourage a stronger, harder root. Harvest the radishes when the root is about the size of a ten pence piece.

SOWING & PLANTING TIME ● **HARVEST TIME** ●



SPRING ONIONS

SOWING & PLANTING

Spring onions are really easy to grow and if you plant seeds every two weeks, you'll have a continuous supply throughout the summer. Sow seeds about 1.5cm deep and make sure the soil is weed free.

GROWING

Germination from seed typically takes about 21 days. If you have frequent bird visitors, you may want to cover with a fine netting. Harvest when the plant is between 30-50cm tall.

SOWING & PLANTING TIME ● **HARVEST TIME** ●

