

# What to Grow When and How?

| Name of Vegetables                    | Sowing Time                                   | Harvesting Time               | Specification   | Remarks   |
|---------------------------------------|---|-------------------------------|---|---|
| <b><i>Easy-to-grow-vegetables</i></b> |   |                               |   |   |
| Bean - Runner                         | April-June                                    | July-September                | Sow in pots under cover in April, or sow outside in May-June.                           | Requires beanpoles for climbing.  |
| Beans - Dwarf French                  | April-June                                    | July-September                | Sow in pots under cover in April-May and plant outside after the risk of frost is over. | No support required, produces plenty of beans over a long period.   |
| Beetroot                              | April-June                                    | Aug.-November                 | Sow directly in soil, thin out later leaving 8 cm gaps between plants.                  | Ready for harvest after 7 weeks from planting; harvest as and when required.  |
| Broad bean                            | Feb - March                                   | June onwards                  | Sow directly  | Can be sown in November for early harvest.  |
| Courgettes                            | April-May                                     | July onwards                  | Sow in pots under cover and plant out after the last frost, or sow out directly in May  | Requires very little attention once planted out; produces large quantity of vegetable on a regular basis for a long period. |
| Lettuce - mixed salad leaves          | Feb-August                                    | May-Oct.                      | Sow directly  | If planted in succession (2 weeks interval) could provide fresh salad for about 6 months a year.                            |
| Lettuce (Corn salad or lamb lettuce)  | Sept-Oct.                                     | December onwards              | Sow directly  | Requires little attention; very good winter salad.  |
| Lettuce Butter head                   | All the year round                            | After 6 weeks from planting   | Sow directly or in a covered seedbed (in winter) and plant seedlings out.               | If planted in succession (2 weeks interval) could provide fresh salad throughout the year.                                  |
| Radish                                | All the year round (depending on the variety) | Summer variety in 4-6 weeks   | Sow directly  |   |
| Rocket                                | March-Sept                                    | After 6 weeks from sowing     | Sow directly  | Sow in succession for continuous supply.  |
| Spinach                               | Feb-May; July-Oct.                            | After 6-8 weeks from planting | Sow directly  | If sown in succession provides regular supply of green-leaf vegetables  |
| Spinach (Swiss Chard leaf beet)       | April-July                                    | Aug-March                     | Sow directly  | Winter-hardy, provides colourful, leafy vegetables throughout the year.   |
| Spring Onion                          | March-July                                    | After 12 weeks from sowing    | Sow directly  | Sow in succession for continuous supply.  |
| Turnip                                | March-July                                    | After 8weeks from sowing      | Sow directly  | Sow in succession (2 weeks interval) for a regular supply during summer.  |

## A Vegetable-Growing Guide for Beginners

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|--|----------------------------------|---|--|---|
| <i>Slightly difficult-to-grow vegetables</i> |                                  |   |  |   |
| Broccoli Green Sprouting (Calabrese)         | April-May                        | August onwards  | Sow in a seedbed and plant out after 6-8 weeks   | Requires protection from pigeon and susceptible to caterpillar attack in summer.                    |
| Brussels Sprouts                             | Jan.-Feb. or March-April         | Sept.-March   | Sow in pots and plant the seedling out after 6-7 weeks.                                  | Has a long gap between planting and harvesting, and requires protection from birds and caterpillar. |
| Butternut Squash/Pumpkin                     | April-May                        | August onwards  | Sow in pots under cover and plant out after the last frost, or sow out directly in May   | Requires very little attention once planted out, but spreads widely. Stores well for winter use.    |
| Cabbages (White, Red, Savoy, Spring Greens)  | Jan-Feb.; March-April; July-Aug. | all year round depending on the variety and the time of planting. | Sow in seedbed and plant out after 6-8 weeks   | Requires protection from birds (netting) and is susceptible to caterpillar.                         |
| Cucumber                                     | April-May                        | May   | Sow in pots under cover and plant out after the last frost                               | For growing cucumber outside, choose "outdoor" variety.   |
| Garlic                                       | Nov.-Feb.                        | July-August   | Sow directly in soil - planting distance 10-15 cm between plants and 30 cm between rows. | Easy to grow, but susceptible to fungal disease.  |
| Kohl Rabi                                    | April-June                       | After 8 to 12 weeks from sowing                                   | Sow direct. Can also be sown in trays and plant out later for earlier crop.              | Requires protection from birds (netting) and is susceptible to caterpillar.                         |
| Lettuce Cos                                  | March-Aug                        | May-Oct.  | Sow directly or in a tray and plant seedlings out.                                       | If sown out directly, thinn plants after 5-6 weeks.   |
| Lettuce Iceberg                              | March-Aug                        | May-Oct.  | Sow directly or in a tray and plant seedlings out.                                       | If sown out directly, thinn plants after 5-6 weeks.   |
| Onion  | Sept. - Oct or March-April       | September   | Sow directly leaving the tip visible.  | Choose over-wintering variety for autumn planting; stores well for use in autumn and winter         |
| Pak Choi (Chinese leaf spinach)              | May-Aug                          | July-Nov  | Sow directly or in a seed tray and then plant outside after 6 weeks.                     | Requires protection from birds (netting).   |
| Peas ( mange-tout, and pea pod)              | Feb-May                          | May onwards   | Sow directly   | Requires protection from birds (netting); plant support (pea-sticks) essential.                     |
| Potato (early and main crop)                 | March - April                    | July - September  | Chitt early crop potato before sowing for early harvest.                                 | Requires drawing up earth and compost around the plant at least once. Susceptible to potato blight. |
| Shallot                                      | Jan.-Feb.                        | July-Aug.   | Sow directly leaving the tip visible.  | Stores well for use in autumn and winter  |

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| <b><i>Hard-to-grow vegetables</i></b> |                |                 |  |  |
| Aubergine                             | Feb-March      | August onwards  | Sow in pots in greenhouse before planting out                            | Only grows well in a greenhouse or sheltered location.   |
| Broccoli - Purple Sprouting (early)   | April-May      | Feb-March       | Sow in a seedbed and plant out after 6-8 weeks                           | Long gap between planting and harvesting, requires protection from birds and caterpillars.                                 |
| Carrots                               | April-May      | June onwards    | Sow directly   | Susceptible to carrot fly unless protected by special fleece.  |
| Leeks                                 | March-April    | Oct-March       | Sow in a seedbed and transplant seedlings out after 6-8 weeks            | Hard to germinate, susceptible to disease in summer, but a good source of fresh veg. in autumn/winter.                     |
| Oriental salad                        | March - August | May- Oct.       | Sow directly or in a seed-tray and plant the seedling out after 5 weeks. | Requires protection from birds (netting); If the weather is too hot, starts bolting early.                                 |
| Parsnip                               | Feb-March      | October onwards | Sow directly   | Very slow and difficult to germinate. Parsnip will store in the ground until February the following year.                  |
| Sweet corn                            | April-June     | Aug-Sept.       | Sow in pots under cover for early crop, or sow out directly in May       | Low germination and susceptible to pest attack in the early stage, so better to sow in pots and plant out after 4-5 weeks. |
| Sweet Pepper                          | Dec.-Jan.      | Aug.-Sept.      | Sow in heated propagator and plant out later.                            | Only grows well in greenhouse or in sheltered location.  |
| Tomato                                | Jan.-Feb.      | July-Sept.      | Sow in heated propagator and plant out later.                            | Only grows well in greenhouse or in a sheltered location; susceptible to blight.   |