

What to Grow When and How?

Name of Vegetables	Sowing Time	Harvesting Time	Specification	Remarks
<i>Easy-to-grow-vegetables</i>				
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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<i>Hard-to-grow vegetables</i>				
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.