

Artichoke, Globe



Artichoke, Globe

Suggested varieties: *Green Globe, Purple Globe, Romanesco*

PLANT



Sow seed 1cm deep in pots and transplant, or plant 'rooted offsets' 5cm deep. Space plants 90cm apart. Choose fertile soil in sunny sheltered site

GROW



Water in prolonged dry weather. Mulch to conserve moisture. Protect roots in colder areas with straw. Replace plants every three years for the best harvests

EAT



Cut 'plump' flower heads with short stems when the scales are still soft, green and tight. Side shoots may produce a smaller second crop

Spring Term			Summer Term					Autumn/Winter Term			
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest



Growing guide

Give it a go...

Average time to harvest

18 months

Equipment needed

Mulch (eg compost), straw

Germination time

7-14 days

Average plant size

120cm tall, 90cm wide

Family group to grow with

None (long term crop)

Seed saving group

5 - Specialist or not applicable

Key nutritional content

Folate

Artichoke, Jerusalem



Artichoke, Jerusalem

Suggested varieties: *Fuseau*

PLANT



Plant 5cm long tubers 15cm deep, pointing upwards. Space tubers 30cm apart and 90cm between rows. Choose fertile soil in sunny site

GROW



When 30cm tall, pull soil to cover 10cm of stem ('earthing-up'). Stake if needed. Remove flowers for a bigger crop. Cut stems to 15cm in autumn

EAT



Dig up tubers as needed, covering with straw in winter so the soil can still be dug in freezing weather. Carefully remove all tubers by spring to stop re-growth

Spring Term			Summer Term					Autumn/Winter Term			
J	F	M	A	M	J	J	A	S	O	N	D

Sow indoors

Sow outdoors

Plant out/transplant

Harvest

Use cloche

2.5cm = 1 inch 30 cm = 1 foot

Growing guide

Give it a go...

Average time to harvest

From 24 weeks

Equipment needed

Stakes, twine, straw (optional)

Germination time

Tubers sprout in 10-20 days

Average plant size

150cm tall, 30cm wide

Family group to grow with

Asteraceae: chicory, salsify

Seed saving group

5 - Specialist or not applicable

Key nutritional content

Fibre

Asparagus



Asparagus

Suggested varieties: Ariane F1, Connover's Colossal, Pacific 2000 F1

PLANT



Plant one year old 'crowns' 30cm apart, spreading roots over a 10cm high ridge in a 20cm deep trench. Half fill with soil; backfill the rest as plants grow

GROW



Water until established. Remove weeds by hand as plants are shallow rooted. Stake on windy sites. Cut stems to 2.5cm when leaves yellow in autumn

EAT



Harvest from second year. Cut 15-20cm high 'spears' just below the soil surface for eight weeks; then let shoots grow. Plants produce for 15 years

Spring Term			Summer Term					Autumn/Winter Term			
J	F	M	A	M	J	J	A	S	O	N	D

Sow indoors

Sow outdoors

Plant out/transplant

Harvest

Use cloche

2.5cm = 1 inch 30 cm = 1 foot

Growing guide

[Give it a go...](#)

Average time to harvest

24 months

Equipment needed

Stakes, twine

Germination time

7-21 days

Average plant size

120cm tall, 30cm wide

Family group to grow with

None (long term crop)

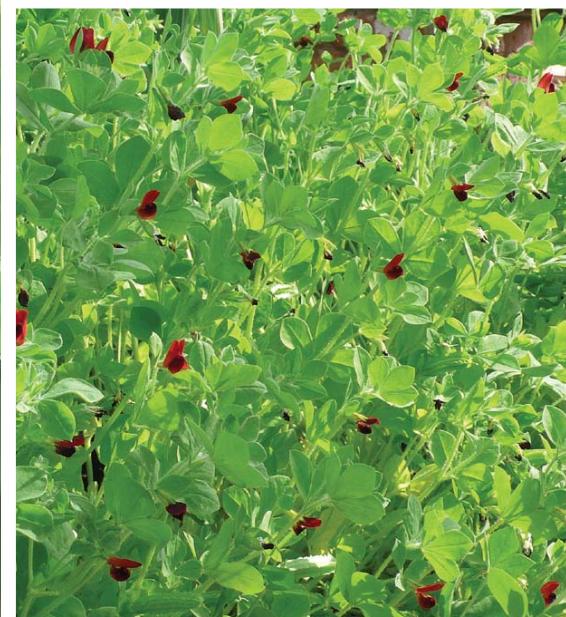
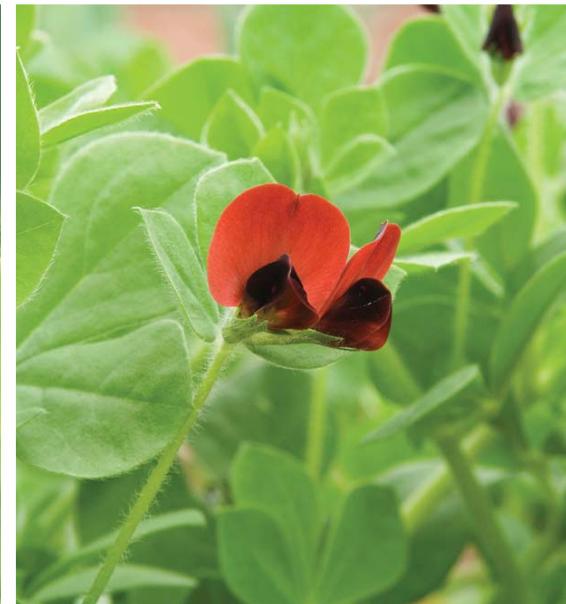
Seed saving group

5 - Specialist or not applicable

Key nutritional content

Folate, vitamin C

Asparagus Pea



Asparagus Pea

Suggested varieties: *Tetragonolobus purpureus* (botanical name)

PLANT



Sow seed 1cm deep in pots and transplant, or sow in single or double rows. Space plants 15x30cm apart. Choose fertile soil in sunny site

GROW



Avoid making young plants too wet; they are slow to develop and prone to rotting. Water plants after flowering starts to make pods more tender

EAT



Regularly cut off pods when 2-3cm long. Longer pods are stringy. Pods are easier to pick in the evening as the leaves fold downwards

Spring Term			Summer Term					Autumn/Winter Term			
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest

Use cloche

Growing guide

Give it a go...

Average time to harvest

8-10 weeks

Equipment needed

None

Germination time

21 days

Average plant size

60cm tall, 15cm wide.

Family group to grow with

Legumes: beans, peas

Seed saving group

2 - Annual, can cross-pollinate

Key nutritional content

Vitamin C, folate

2.5cm = 1 inch 30 cm = 1 foot

Aubergine



Aubergine

Suggested varieties: *Black Beauty, Long Purple, Orlando F1*

PLANT



Sow seed 0.1cm deep in pots. Transplant into large pots in a greenhouse (preferable) or plant 45cm apart outdoors (choose sheltered sunny site)

GROW



Keep soil moist. Feed with an organic high-potash feed. Remove growing tip when 30cm tall (for bushy habit) and all flowers once five fruits have set

EAT



Cut aubergines with a 2cm long stalk when a good size, but before the surface shine has gone. Dull fruit are usually over ripe and bitter

Spring Term			Summer Term					Autumn/Winter Term			
J	F	M	A	M	J	J	A	S	O	N	D

Sow indoors

Sow outdoors

Plant out/transplant

Harvest

Use cloche

2.5cm = 1 inch 30 cm = 1 foot

Growing guide

Trickier

Average time to harvest

16-20 weeks

Equipment needed

Stakes, twine, feed

Germination time

14-21 days

Average plant size

60cm tall, 30cm wide

Family group to grow with

Solanaceae: potato, pepper

Seed saving group

2 - Annual, can cross-pollinate

Key nutritional content

Fibre, vitamin C

Bean, Broad



Bean, Broad

Suggested varieties: *Bunyards Exhibition, Express, The Sutton*

PLANT



Sow seed 2cm deep in pots or rows. Thin or transplant to 20x30cm apart. Sow every three weeks for a continuous crop. Choose sunny site

GROW



Water plants when the pods are swelling (if dry weather). Remove weeds and stake if needed. Pinch out shoot tips to deter black fly

EAT



Regularly cut pods when 8cm long for using whole. For 'shelling', wait for the seeds to start showing through the pod

Spring Term			Summer Term					Autumn/Winter Term			
J	F	M	A	M	J	J	A	S	O	N	D

Sow indoors

Sow outdoors

Plant out/transplant

Harvest

Use cloche

2.5cm = 1 inch 30 cm = 1 foot

Growing guide

Easy!

Average time to harvest

12-16 weeks (spring sown)

Equipment needed

Stakes, twine

Germination time

7-14 days

Average plant size

75cm tall, 30cm wide

Family group to grow with

Legumes: French beans, peas

Seed saving group

2 - Annual, can cross-pollinate

Key nutritional content

Fibre, vitamin C, folate

Bean, French



Bean, French

Suggested varieties: *Purple Queen, Speedy (dwarf); Helda, Neckar Queen (climbing)*

PLANT



Sow seed 2cm deep in pots or rows. Thin or transplant to 20x30cm apart. Sow every three weeks for a continuous crop. Choose sheltered site

GROW



Water plants when the pods are swelling (if dry weather). Support dwarf plants with twiggy sticks and climbing with wigwams from bamboo canes

EAT



Cut pods when they cleanly snap in half. Pick every 2-3 days. For dried beans, leave pods to go brown and hang the plant upside-down to dry in a shed

Spring Term			Summer Term					Autumn/Winter Term			
J	F	M	A	M	J	J	A	S	O	N	D

Sow indoors

Sow outdoors

Plant out/transplant

Harvest

Use cloche

Growing guide

Easy!

Average time to harvest

8-12 weeks

Equipment needed

Canes, twiggy sticks, twine

Germination time

7-14 days

Average plant size

60cm tall (dwarf); 2m (climbing)

Family group to grow with

Legumes: broad beans, peas

Seed saving group

I - Annual, self-pollinating

Key nutritional content

Folate, vitamin C

2.5cm = 1 inch 30 cm = 1 foot

Bean, Runner



Bean, Runner

Suggested varieties: *Butler, Enorma Elite, Painted Lady*

PLANT



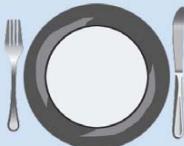
Sow seed 3cm deep in pots or rows. Thin or transplant to 15cm apart in double rows 30cm apart. Choose deep fertile soil and sheltered site

GROW



Water plants when pods are swelling (if dry weather). Mulch to conserve moisture. Make sturdy frameworks to support growth (eg wigwams from bamboo canes)

EAT



Cut 15-20cm long pods every 2-3 days (longer pods are tough and stringy). Pick thoroughly as any ripe pods left on the plant will stop production

Spring Term			Summer Term					Autumn/Winter Term			
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest



■ Use cloche

2.5cm = 1 inch 30 cm = 1 foot

Growing guide

Easy!

Average time to harvest

10-14 weeks

Equipment needed

Canes, mulch (eg compost)

Germination time

7-14 days

Average plant size

2.5m tall, 30cm wide

Family group to grow with

Legumes: French beans, peas

Seed saving group

2 - Annual, can cross-pollinate

Key nutritional content

Vitamin C, folate

Beetroot



Beetroot

Suggested varieties: *Boltardy, Moneta, Red Ace*

PLANT



Sow seed 0.5cm deep in rows 20-30cm apart. Thin seedlings to 7-13cm apart. Use bolt resistant cultivars for early sowings. Can be sown in pots and transplanted

GROW



Water every two weeks in dry weather for steady growth. Too much water promotes excess foliage; too little produces woody roots and poor yield

EAT



Start lifting roots when still quite small, eating these thinnings and leaving other plants to grow on. Twist off the leaves rather than cutting

Spring Term			Summer Term					Autumn/Winter Term			
J	F	M	A	M	J	J	A	S	O	N	D
											

 Sow indoors

 Sow outdoors

 Plant out/transplant

 Harvest

 Use cloche

2.5cm = 1 inch 30 cm = 1 foot

Growing guide

Easy!

Average time to harvest

8-12 weeks

Equipment needed

None

Germination time

10-14 days

Average plant size

30cm tall, 10cm wide

Family group to grow with

Chenopodiaceae: leaf beet

Seed saving group

4 - Biennial, needs isolation

Key nutritional content

Folate, vitamin C

Broccoli, Sprouting



Broccoli, Sprouting

Suggested varieties: *Purple Sprouting Early, Rudolph*

PLANT



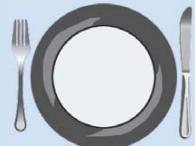
Sow seed 0.5cm deep in pots or seedbed. Transplant 45x60cm apart in fertile soil when 10cm tall. Plant so the bottom leaves touch the soil, firming well

GROW



Water in prolonged dry weather. Mulch to conserve moisture. Plants are top-heavy so stake and pull soil around stems ('earth-up')

EAT



Cut or snap off heads ('spears') when 10-20cm long, before flowers open. Start with the central spear to encourage branching. Cut regularly for 6-8 weeks

Growing guide

Give it a go...

Average time to harvest

From 35 weeks

Equipment needed

Stakes, twine

Germination time

7-12 days

Average plant size

90cm tall, 60cm wide

Family group to grow with

Brassica: cabbage, turnip

Seed saving group

4 - Biennial, needs isolation

Key nutritional content

Folate, vitamin C, calcium

Spring Term			Summer Term					Autumn/Winter Term			
J	F	M	A	M	J	J	A	S	O	N	D

Sow indoors

Sow outdoors

Plant out/transplant

Harvest

Use cloche

2.5cm = 1 inch 30 cm = 1 foot

Brussels Sprouts



Brussels Sprouts

Suggested varieties: *Darkmar 21, Nautic F1, Rubine*

PLANT



Sow seed 0.5cm deep in pots or seedbed. Transplant seedlings when 10cm tall at 60cm apart in firm fertile soil; bottom leaves touching the soil

GROW



Mulch to conserve moisture. Plants are top-heavy so stake and pull soil around stems ('earth-up'). Remove yellowing leaves. Cover with netting to help protect from pests

EAT



Cut or tug sharply to remove sprouts ('buttons') when 3cm across and tightly closed, working up the stem. Can taste better after frost. Use the top leaves as a cabbage

Spring Term			Summer Term					Autumn/Winter Term			
J	F	M	A	M	J	J	A	S	O	N	D
											

 Sow indoors

 Sow outdoors

 Plant out/transplant

 Harvest

 Use cloche

2.5cm = 1 inch 30 cm = 1 foot

Growing guide

Give it a go...

Average time to harvest

From 20 weeks

Equipment needed

Stakes, twine, netting

Germination time

7-12 days

Average plant size

75cm tall, 40cm wide

Family group to grow with

Brassica: swede, calabrese

Seed saving group

5 - Biennial, needs isolation

Key nutritional content

Folate, vitamin C, fibre

Cabbage, Chinese



Chinese Cabbage

Suggested varieties: *Green Rocket F1, Nikko, Tatsoi*

PLANT



Sow seed 0.5cm deep in rows. Thin seedlings to 20-30cm apart. Plants prefer not to be transplanted. Use bolt resistant cultivars for early sowings. Choose fertile moist soil

GROW



Keep soil moist to stop bolting. Tie plants loosely with twine when 'hearts' of compact leaves form (no need for 'self-heating' types). Advance late harvests with cloches

EAT



Cut 2.5cm above soil level when the base feels firm. Stumps will sprout edible leaves ('cut-and-come-again'). Flower shoots are also edible

Spring Term			Summer Term					Autumn/Winter Term			
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest



■ Use cloche

2.5cm = 1 inch 30 cm = 1 foot

Growing guide

Give it a go...

Average time to harvest

8-10 weeks

Equipment needed

Twine

Germination time

7-12 days

Average plant size

30cm tall, 15cm wide

Family group to grow with

Brassica: broccoli, kale

Seed saving group

4 - Biennial, needs isolation

Key nutritional content

Vitamin C, calcium, folate

Cabbage, Spring



Cabbage, Spring

Suggested varieties: *Advantage F1, Myatt's Offenham, Pixie, Wintergreen*

PLANT



Sow seed 0.5cm deep in pots or seedbed. Thin or transplant to 10x30cm apart, planting firmly. Choose fertile soil and sunny site

GROW



Pull soil around stems ('earth-up') in autumn and firm plants loosened by wintry weather. Remove yellowing leaves. Use cloches to advance growth in spring

EAT



Use thinnings for early leaves. Leave alternate plants to form 'hearts' of compact leaves and cut when firm. Stumps will sprout leaves (cut crosses into stems 1cm deep)

Spring Term			Summer Term					Autumn/Winter Term			
J	F	M	A	M	J	J	A	S	O	N	D

Sow indoors

Sow outdoors

Plant out/transplant

Harvest

Use cloche

2.5cm = 1 inch 30 cm = 1 foot

Growing guide

Give it a go...

Average time to harvest

32-40 weeks

Equipment needed

None

Germination time

7-12 days

Average plant size

20-30cm tall and wide

Family group to grow with

Brassica: cauliflower, turnip

Seed saving group

4 - Biennial, needs isolation

Key nutritional content

Vitamin A, folate, vitamin C

Cabbage, Summer and Autumn



Cabbage, Summer and Autumn

Suggested varieties: Derby Day, Minicole F1

PLANT



Regularly sow seed 0.5cm deep in pots or seedbed. Thin or transplant to 30cm apart (45cm for larger heads). Plant firmly. Choose fertile moist soil

GROW



Water in dry weather. Mulch to conserve moisture. Remove yellowing leaves. Feed with a general organic fertiliser in summer to boost growth

EAT



Cut 'hearts' of compact leaves when firm, 2.5cm above soil surface. Stumps will sprout smaller cabbages (even more if you cut crosses into stems 1cm deep)

Spring Term			Summer Term					Autumn/Winter Term			
J	F	M	A	M	J	J	A	S	O	N	D
											

 Sow indoors

 Sow outdoors

 Plant out/transplant

 Harvest

 Use cloche

2.5cm = 1 inch 30 cm = 1 foot

Growing guide

[Give it a go...](#)

Average time to harvest

20 weeks

Equipment needed

Mulch (eg compost)

Germination time

7-12 days

Average plant size

20-30cm tall and wide

Family group to grow with

Brassica: broccoli, cauliflower

Seed saving group

4 - Biennial, needs isolation

Key nutritional content

Vitamin C

Cabbage, Winter and Savoy



Cabbage, Winter and Savoy

Suggested varieties: *January King* (winter); *Vertus* (Savoy)

PLANT



Regularly sow seed 0.5cm deep in pots or seedbed.
Transplant to 50cm apart (closer spacing for smaller heads).
Plant firmly

GROW



Use a general organic fertiliser at planting. Pull soil around stems ('earth-up') in autumn and firm plants loosened by wintry weather. Remove yellowing leaves

EAT



Cut hardy varieties as needed after the 'heart' of compact leaves is firm. Cut hearted white and red varieties before frost; store on slatted shelves in a dry shed

Spring Term			Summer Term					Autumn/Winter Term			
J	F	M	A	M	J	J	A	S	O	N	D

█ Sow indoors

█ Sow outdoors

█ Plant out/transplant

█ Harvest



Use cloche

2.5cm = 1 inch 30 cm = 1 foot

Growing guide

[Give it a go...](#)

Average time to harvest

32-40 weeks

Equipment needed

Feed

Germination time

7-12 days

Average plant size

20-30cm tall and wide

Family group to grow with

Brassica: broccoli, kohlrabi

Seed saving group

4 - Biennial, needs isolation

Key nutritional content

Vitamin C, vitamin A, folate

Calabrese



Calabrese

Suggested varieties: *Belstar F1, Fiesta F1, Green Sprouting, Waltham*

PLANT



Sow seed 0.5cm deep in small pots or seedbed. Transplant 45x60cm apart in fertile soil when 10cm tall. Plant so the bottom leaves touch the soil, firming well

GROW



Water in prolonged dry weather. Mulch to conserve moisture. Plants are top-heavy so stake and pull soil around stems ('earth-up')

EAT



Cut or snap off heads ('spears') when 10-20cm long, before flowers open. Start with the central spear to encourage branching. Cut regularly

Spring Term			Summer Term					Autumn/Winter Term			
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest



■ Use cloche

2.5cm = 1 inch 30 cm = 1 foot

Growing guide

Give it a go...

Average time to harvest

12 weeks

Equipment needed

Stakes, twine

Germination time

7-12 days

Average plant size

90cm tall, 60cm wide

Family group to grow with

Brassica: Brussels sprouts, rocket

Seed saving group

4 - Biennial, needs isolation

Key nutritional content

Folate, vitamin C, vitamin A

Carrot



Carrot

Suggested varieties: *Nantes 2, Napoli F1* (early); *Flakkee, Resistafly F1* (maincrop)

PLANT



Regularly sow seed 1cm deep in rows 10-15cm apart. Thin seedlings to 7cm. Remove thinnings so not to attract 'carrot root fly'. Choose deep sandy soil for long roots

GROW



Remove weeds by hand. Water fortnightly in dry weather for steady growth. If left dry for too long, sudden watering or rain can cause the roots to 'split' open

EAT



Start lifting roots when still quite small, eating thinnings and leaving others grow on. Twist off the leaves rather than cutting. Lift maincrop carrots for storage from September

Spring Term			Summer Term					Autumn/Winter Term			
J	F	M	A	M	J	J	A	S	O	N	D

Sow indoors

Sow outdoors

Plant out/transplant

Harvest

2.5cm = 1 inch 30 cm = 1 foot

Growing guide

Give it a go...

Average time to harvest
10 weeks (early); 16 (maincrop)

Equipment needed

Horticultural fleece

Germination time

17 days

Average plant size

30cm tall, 15cm wide

Family group to grow with

Apiaceae: parsnip, celery

Seed saving group

4 - Biennial, needs isolation

Key nutritional content

Vitamin A

Cauliflower



Cauliflower

Suggested varieties: *Belot F1, Neckarperle (summer/autumn); Galleon, Medaillon F1 (winter)*

PLANT



Sow seed 0.5cm deep in pots or seedbed. Transplant when seedlings have five leaves; 45cm apart (summer/autumn); 60cm (winter). Choose firm fertile soil

GROW



Keep soil moist (otherwise small flower heads form). Mulch to conserve moisture. Bend leaves over developing heads to protect from sun-scorch and frost

EAT



Begin cutting when flower heads are fairly small. Heads are over-mature when 'florets' start to separate or the head turns yellow

Spring Term			Summer Term					Autumn/Winter Term			
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest

■ Use cloche

2.5cm = 1 inch 30 cm = 1 foot

Growing guide

Trickier

Average time to harvest
16-20wks (sum); 40-50 (winter)

Equipment needed

Mulch (eg compost)

Germination time

7-12 days

Average plant size

45cm tall, 60cm wide

Family group to grow with

Brassica: cabbage, kohlrabi

Seed saving group

4 - Biennial, needs isolation

Key nutritional content

Folate, vitamin C

Celery



Celery

Suggested varieties: *Daybreak, Green Utah (self-blanching); Solid White (trench)*

PLANT



Sow seed 0.1cm deep in pots. Harden off and transplant 15-30cm apart. Plant 'trench' varieties at the base of a 10cm deep trench; backfilling left-over soil to 'blanch' (below)

GROW



Water in dry weather. For best flavour, 'blanch' trench varieties when 30cm tall (tie newspaper 'columns' around stems, leaving leaf tips showing; pull soil around)

EAT



Dig up as required; finish harvesting 'self-blanching' varieties before frosts, trenched plants from October. Harvest before leaves yellow

Spring Term			Summer Term					Autumn/Winter Term			
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest



■ Use cloche

2.5cm = 1 inch 30 cm = 1 foot

Growing guide

Trickier

Average time to harvest
25wks (self-blanching); 40(trench)

Equipment needed

Newspaper (optional)

Germination time

12-18 days

Average plant size

45cm tall, 30cm wide

Family group to grow with

Apiaceae: carrot, parsnip

Seed saving group

4 - Biennial, needs isolation

Key nutritional content

Vitamin C

Chicory



Chicory

Suggested varieties: *Palla Rossa*, *Sugar Loaf* (hearting); *Dura Witloof* (for forcing)

PLANT



Sow seed 1cm deep in pots or rows 15-30cm apart. Thin or transplant seedlings to 15-20cm apart. Choose fertile soil and sunny site

GROW



Water in dry weather. Dig up Witloof chicory in autumn to produce 'forced' pale coloured shoots (cut off the leaves, plant roots in wide pots; put in a cool dark place)

EAT



Cut 'hearts' of compact leaves when firm (red and sugar loaf hearting); cut 'forced' shoots of Witloof chicory in winter. Can pick seedling leaves all year

Spring Term			Summer Term					Autumn/Winter Term			
J	F	M	A	M	J	J	A	S	O	N	D

Sow indoors

Sow outdoors

Plant out/transplant

Harvest

Use cloche

2.5cm = 1 inch 30 cm = 1 foot

Growing guide

[Give it a go...](#)

Average time to harvest

20-30 weeks

Equipment needed

Wide pots (eg 20cm)

Germination time

7-14 days

Average plant size

15-20cm tall and wide

Family group to grow with

Asteraceae: lettuce, salsify

Seed saving group

4 - Biennial, needs isolation

Key nutritional content

Vitamin C

Courgette and Marrow



Courgette and Marrow

Suggested varieties: Defender F1; Tiger Cross F1

PLANT



Sow seed in pots, 1.5cm deep on their side. Harden off and transplant 60-90cm apart. Choose fertile soil and sunny sheltered site

GROW



Mulch to conserve moisture. Protect from slugs. Pinch out growing tips of trailing stems when 60cm long. Put marrows on a tile to stop rotting

EAT



Cut (not pull) 10cm long courgettes and 20cm marrows (leave marrows longer to produce a tougher skin if storing). Keep picking for more fruit. Flowers are edible

Spring Term			Summer Term					Autumn/Winter Term			
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest



■ Use cloche

2.5cm = 1 inch 30 cm = 1 foot

Growing guide

Easy!

Average time to harvest

10-14 weeks

Equipment needed

Mulch (eg compost), tiles

Germination time

5-8 days

Average plant size

45cm tall, 120cm wide

Family group to grow with

Cucurbits: pumpkin, squashes

Seed saving group

2 - Annual, can cross-pollinate

Key nutritional content

Courgettes: vitamin C, folate

Cucumber, Greenhouse



Cucumber, Greenhouse

Vegetable

Suggested varieties: Cumlaude F1, Flamingo F1 (female)

PLANT



Sow seed in pots, 1.5cm deep on their side. Transplant into large pots. 'F1' varieties produce only female flowers; fertilised fruit is bitter

GROW



Keep soil moist. Ventilate greenhouse and spray floor with water to keep air humid. Tie side shoots to wires or net, removing their growing tips two leaves beyond each fruit

EAT



Cut (not pull) green cucumbers when a reasonable size and the sides have grown parallel. Yellow fruit are overripe and will stop the plant producing fruit if not removed

Spring Term			Summer Term					Autumn/Winter Term			
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest



Use cloche

2.5cm = 1 inch 30 cm = 1 foot

Growing guide

Trickier

Average time to harvest

12 weeks

Equipment needed

Stakes, twine, wires or net

Germination time

3-5 days

Average plant size

2m tall; side shoots 60cm

Family group to grow with

Cucurbits: pumpkin, squashes

Seed saving group

5 - Specialist or not applicable

Key nutritional content

Low calorie complement

Garlic



Garlic

Suggested varieties: *Printanor, Thermidrome*

Vegetable

PLANT



Plant individual bulb segments ('cloves') 10cm apart in rows 20cm apart. Plant upright, 2.5cm deep in heavy clay soil; up to 10cm deep in sandy soil

GROW



Autumn planting produces higher yields as plants need one or two months at 0-10°C. Remove weeds carefully. Water fortnightly in dry weather

EAT



Dig up plants when the first six leaves have turned yellow. Handle carefully to avoid bruising. Dry in the sun or an airy shed

Spring Term			Summer Term					Autumn/Winter Term			
J	F	M	A	M	J	J	A	S	O	N	D

Sow indoors

Sow outdoors

Plant out/transplant

Harvest

Use cloche

2.5cm = 1 inch 30 cm = 1 foot

Growing guide

Easy!

Average time to harvest

From 20 weeks

Equipment needed

Airy shed

Germination time

Cloves sprout in two weeks

Average plant size

30cm tall, 5-10cm wide

Family group to grow with

Alliaceae: leek, onion

Seed saving group

5 - Specialist or not applicable

Key nutritional content

Fibre, vitamin C, protein, iron, zinc

Kale



Kale

Suggested varieties: *Nero di Toscana, Pentland Brig, Red Winter*

PLANT



Sow seed 0.5cm deep in pots or seedbed. Transplant 45cm apart when 10cm tall. Plant so the bottom leaves touch the soil, firming well

GROW



Water in dry weather. Mulch to conserve moisture. Stake plants and pull soil around stems ('earth-up') for support. Cover with netting to help protect from pests

EAT



Cut young leaves regularly when about 10cm long; older leaves are bitter when cooked. Snap-off fleshy side-shoots from February

Spring Term			Summer Term					Autumn/Winter Term			
J	F	M	A	M	J	J	A	S	O	N	D

Sow indoors

Sow outdoors

Plant out/transplant

Harvest

Use cloche

2.5cm = 1 inch 30 cm = 1 foot

Growing guide

Give it a go...

Average time to harvest

From 30 weeks

Equipment needed

Stakes, twine, netting

Germination time

7-12 days

Average plant size

90cm tall, 60cm wide

Family group to grow with

Brassica: broccoli, rocket

Seed saving group

4 - Biennial, needs isolation

Key nutritional content

Vitamin C, folate

Kohl Rabi



Kohl Rabi

Suggested varieties: Azur Star, Noriko, Olivia F1

PLANT



Regularly sow seed 1cm deep in pots or rows. Thin or transplant seedlings to 15-30cm apart. Choose fertile soil and sunny site

GROW



Water in dry weather for steady growth. Too little water produces woody flesh. Boost growth with a general organic fertiliser if needed

EAT



Dig up swollen base stems when still small (golf ball to tennis ball size). Check often as plants mature quickly. Leaves are also edible

Spring Term			Summer Term					Autumn/Winter Term			
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest

Use cloche

2.5cm = 1 inch 30 cm = 1 foot

Growing guide

Easy!

Average time to harvest

8-12 weeks

Equipment needed

None

Germination time

10 days

Average plant size

30cm tall, 20cm wide

Family group to grow with

Brassica: cabbage, radish

Seed saving group

4 - Biennial, needs isolation

Key nutritional content

Vitamin C, folate

Leaf Beet



Leaf Beet

Suggested varieties: *Rainbow Chard, Swiss Chard, Perpetual Spinach*

PLANT



Regularly sow seed 1cm deep in pots or rows. Thin or transplant seedlings to 15-30cm apart. Choose fertile soil and sunny site

GROW



Water in dry weather for steady growth. Mulch to conserve moisture. Boost growth with a general organic fertiliser if needed

EAT



Cut off outer leaves when big enough to use. Can also use younger seedling leaves when 10cm high (cutting to 2.5cm; plants will regrow several times)

Spring Term			Summer Term					Autumn/Winter Term			
J	F	M	A	M	J	J	A	S	O	N	D

█ Sow indoors

█ Sow outdoors

█ Plant out/transplant

█ Harvest



Use cloche

2.5cm = 1 inch 30 cm = 1 foot

Growing guide

Easy!

Average time to harvest

8-12 weeks

Equipment needed

Mulch (eg compost)

Germination time

10-14 days

Average plant size

60cm tall, 30cm wide

Family group to grow with

Chenopodiaceae: spinach

Seed saving group

4 - Biennial, needs isolation

Key nutritional content

Vitamins A and C, folate, iron

Leek



Leek

Suggested varieties: Atlanta, Pandora, Siegfried, Swiss Giant Zermatt

PLANT



Sow seed 1cm deep in a seedbed. Transplant seedlings when 20cm tall at 15-30cm apart, trimming leaf-tips and roots. Drop into 15cm deep holes made with a dibber

GROW



Water to settle plants; don't fill planting holes with soil. Carefully remove weeds. Pull soil around stems when plants are larger to further exclude light ('blanch')

EAT



Start lifting plants when still quite small to prolong the harvest period. Lift remaining plants as required during winter. Loosen with a fork before lifting

Spring Term			Summer Term					Autumn/Winter Term			
J	F	M	A	M	J	J	A	S	O	N	D

Sow indoors

Sow outdoors

Plant out/transplant

Harvest

Use cloche

2.5cm = 1 inch 30 cm = 1 foot

Growing guide

Give it a go...

Average time to harvest

35 weeks

Equipment needed

Dibber

Germination time

14-18 days

Average plant size

45cm tall, 20cm wide

Family group to grow with

Alliaceae: garlic, shallot

Seed saving group

4 - Biennial, needs isolation

Key nutritional content

Folate, vitamin C

Lettuce



Lettuce

Suggested varieties: Belize, Bughatti, Fristina (loose-leaf); Bedford, Tintin, Sylvesta (hearting)

PLANT



Regularly sow seed 0.5cm deep in pots or rows. Thin or transplant seedlings to 15-30cm apart. Use cloches and greenhouses to extend growing season

GROW



Water in dry weather (stops tough and bitter leaves). Water in the morning to discourage disease. Protect from slugs. Ventilate greenhouses and cloches

EAT



Pick individual leaves of 'loose-leaf' lettuce as needed. Cut 'hearting' varieties when central leaves are fairly firm. Regularly cut seedling leaves

Spring Term			Summer Term					Autumn/Winter Term			
J	F	M	A	M	J	J	A	S	O	N	D

Sow indoors

Sow outdoors

Plant out/transplant

Harvest

Use cloche

2.5cm = 1 inch 30 cm = 1 foot

Growing guide

Easy!

Average time to harvest
6-8wks (loose-leaf); 8-14 (hearting)

Equipment needed

Slug protection

Germination time

6-12 days

Average plant size

20cm tall and wide

Family group to grow with

Asteraceae: chicory, salsify

Seed saving group

I - Annual, self-pollinating

Key nutritional content

Vitamin A, folate, vitamin C

Mushroom

Vegetable



Mushroom

Suggested varieties: *Hericium, Shiitake, Tree Oyster (bought kits)*

PLANT



Buy 'spawned' material that contains mushroom 'mycelium' (similar to roots). Try compost, 'dowel' sticks or impregnated hardwood logs

GROW



Follow instructions with kits. Generally keep warm (minimum 12°C) and moist for mycelium to spread before 'fruiting' starts weeks or months later

EAT



Do not cut mushroom stalks. Instead twist upwards to remove with minimum soil disturbance. Fruiting can continue for several weeks

Spring Term			Summer Term					Autumn/Winter Term			
J	F	M	A	M	J	J	A	S	O	N	D

Sow indoors

Sow outdoors

Plant out/transplant

Harvest

Use cloche

2.5cm = 1 inch 30 cm = 1 foot

Growing guide

Trickier

Average time to harvest
6 weeks to several months

Equipment needed

Mushroom spawn

Germination time

Once mycelium has spread

Average plant size

5cm tall and wide

Family group to grow with

Not part of crop rotation

Seed saving group

5 - Specialist or not applicable

Key nutritional content

Adds flavour and texture

Okra



Okra

Suggested varieties: *Burgundy Red, Clemsons Spineless*

PLANT



Soak seed in warm water for two hours. Sow 1cm deep in pots. Transplant into larger pot in a greenhouse (preferable) or outdoors in a sheltered site

GROW



Water in dry weather. Mulch to conserve moisture. Stake taller plants. Remove growing tips of fast growing shoots to encourage bushiness

EAT



Regularly cut pods for a continuous supply. Pick pods when young (2-10cm long); older pods become stringy. Handle gently as pods are easily bruised

Spring Term			Summer Term					Autumn/Winter Term			
J	F	M	A	M	J	J	A	S	O	N	D

Sow indoors

Sow outdoors

Plant out/transplant

Harvest

Use cloche

2.5cm = 1 inch 30 cm = 1 foot

Growing guide

Trickier

Average time to harvest

From 24 weeks

Equipment needed

Stakes, twine, mulch (eg compost)

Germination time

15 days

Average plant size

150cm tall, 60cm wide

Family group to grow with

Miscellaneous

Seed saving group

2 - Annual, can cross-pollinate

Key nutritional content

Folate, vit. C, fibre, calcium, vit. A

Onion, Bulb



Onion, Bulb

Suggested varieties: *Ailsa Craig, Golden Bear F1, Red Barron (seed); Radar, Sturon Globe (sets)*

PLANT



Sow seed 1.5cm deep in rows 15-20cm apart. Thin seedlings to 5-10cm. Plant sets at the same spacing just beneath the soil surface with the tip showing

GROW



Carefully remove weeds by hand. Water plants in dry weather, stopping once the bulbs have swollen. Break off any flower stems that appear

EAT



Dig up bulbs two weeks after leaves turn yellow and topple over, choosing a dry day. Loosen with a hand fork. Leave bulbs to dry in the sun before storing

Spring Term			Summer Term					Autumn/Winter Term			
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest



■ Use cloche

Growing guide

Easy!

Average time to harvest

20 weeks

Equipment needed

None

Germination time

21 days

Average plant size

30cm tall, 10cm wide

Family group to grow with

Alliaceae: garlic, shallot

Seed saving group

2 - Annual, can cross-pollinate

Key nutritional content

Adds flavour and texture

Onion, Salad



Onion, Salad

Suggested varieties: *Crimson Forest, De Rebouillon, White Lisbon*

PLANT



Regularly sow seed 0.5cm deep in rows 10cm apart. Thin seedlings if needed to 2.5-5cm. Remove thinnings so not to attract 'onion root fly'

GROW



Weeds easily damage plants so carefully remove by hand. Water plants in dry weather for steady growth. Break off any flower stems that appear

EAT



Gently lift bulbs when 1-2cm across and the leaves are still green. Loosen with a hand fork if needed. Sowing regularly will give a succession of harvests

Spring Term			Summer Term					Autumn/Winter Term			
J	F	M	A	M	J	J	A	S	O	N	D

Sow indoors

Sow outdoors

Plant out/transplant

Harvest

Use cloche

2.5cm = 1 inch 30 cm = 1 foot

Growing guide

Easy!

Average time to harvest

10-12 weeks

Equipment needed

None

Germination time

21 days

Average plant size

20cm tall, 5cm wide

Family group to grow with

Alliaceae: garlic, shallot

Seed saving group

2 - Annual, can cross-pollinate

Key nutritional content

Folate, vitamin C, iron, vit. A

Parsnip



Parsnip

Suggested varieties: *Gladiator F1, Tender & True, Turga*

PLANT



Sow seed 1cm deep, three seeds every 10-15cm. Thin to leave the strongest plant. Rows 15-30cm apart (more space for larger roots). Deep soil preferred

GROW



Remove weeds by hand. Water fortnightly in dry weather for steady growth. If left dry for too long, sudden watering or rain can cause the roots to 'split' open

EAT



Dig up as needed from autumn. Twist off the leaves rather than cutting. Can leave parsnips in the soil over winter until spring. Frost often improves the flavour

Spring Term			Summer Term					Autumn/Winter Term			
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest

■ Use cloche

2.5cm = 1 inch 30 cm = 1 foot

Growing guide

Easy!

Average time to harvest

From 20 weeks

Equipment needed

None

Germination time

10-28 days (can be erratic)

Average plant size

20cm tall, 10cm wide

Family group to grow with

Apiaceae: carrot, celery

Seed saving group

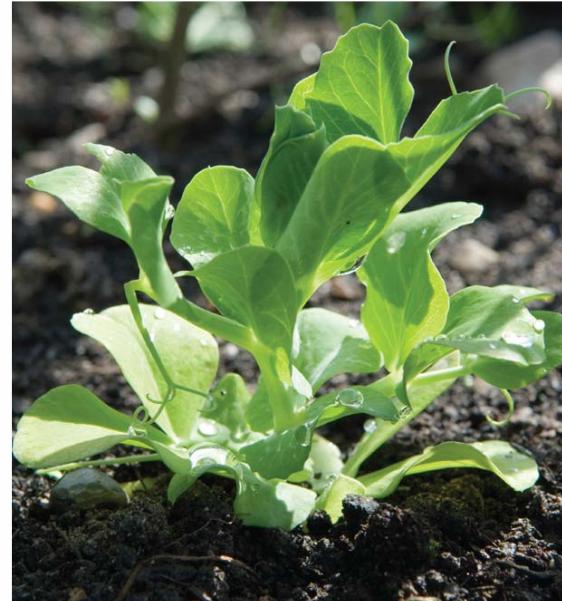
4 - Biennial, needs isolation

Key nutritional content

Vitamin C, fibre, folate

Pea

Vegetable



Pea

Suggested varieties: Sugar Pea Norli (mangetout); Ambassador, Cavalier, Waverex (shelling)

PLANT



Regularly sow seed 3cm deep in pots and transplant, or sow in two lines in 10cm wide rows (seeds 5cm apart). Space rows of plants 60-90cm apart

GROW



Protect seedlings from birds. Water established plants from when flowering starts. Mulch to conserve moisture. Support plants with wire mesh, netting or twiggy sticks

EAT



Cut 'mangetout' when pods are still flat; 'shelling' types when peas are felt through the pod (eg round pea, wrinkled, and petit pois). Pick regularly for more pods

Spring Term			Summer Term					Autumn/Winter Term			
J	F	M	A	M	J	J	A	S	O	N	D

Sow indoors

Sow outdoors

Plant out/transplant

Harvest

Use cloche

Growing guide

Give it a go...

Average time to harvest

10-14 weeks

Equipment needed

Twiggy sticks, mulch (eg compost)

Germination time

7-10 days

Average plant size

90cm tall, 30cm wide

Family group to grow with

Legumes: beans, peas

Seed saving group

I - Annual, self-pollinating

Key nutritional content

Vitamin C, fibre, folate

2.5cm = 1 inch 30 cm = 1 foot

Pepper

Vegetable



Pepper

Suggested varieties: *Bell Boy F1, Bendigo F1, Golden California Wonder*

PLANT



Sow seed 0.2cm deep in pots. Re-pot several times before transplanting into large final pots in a greenhouse (preferable) or outdoors in a sheltered site

GROW



Stake plants and feed regularly with an organic high-potash feed. Keep soil moist, but not too wet. Hand pollinate flowers with a small paint brush to encourage fruit set

EAT



Start picking when green, swollen and glossy. Leave peppers longer to develop mature colour and sweeter taste. Pick regularly for more fruit

Spring Term			Summer Term					Autumn/Winter Term			
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest



■ Use cloche

2.5cm = 1 inch 30 cm = 1 foot

Growing guide

Trickier

Average time to harvest

20 weeks

Equipment needed

Stakes, twine, feed

Germination time

14-21 days

Average plant size

50cm, 20cm wide

Family group to grow with

Solanaceae: aubergine, tomato

Seed saving group

2 - Annual, can cross-pollinate

Key nutritional content

Vitamin A, vitamin C

Potato



Potato

Suggested varieties: *Colleen, Orla (early); Golden Wonder, Cara (maincrop)*

PLANT



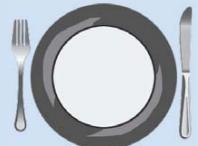
Buy disease-free 'seed' potatoes. Plant 15cm deep. Space 'earlies' 30x50cm apart after six weeks in a cool light place to grow shoots ('chitting'). Plant 'maincrops' at 35x70cm

GROW



Protect shoots from frost with horticultural fleece. Pull soil around stems ('earth-up') when 15cm tall (leave top leaves showing). Water if dry. Mulch to conserve moisture

EAT



Carefully dig up earlies as needed once plants flower; maincrops three weeks after leaves yellow (leave tubers to dry for two hours before storing). Remove all tubers

Spring Term			Summer Term					Autumn/Winter Term			
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest



■ Use cloche

2.5cm = 1 inch 30 cm = 1 foot

Growing guide

Give it a go...

Average time to harvest
10 weeks (early); 20 (maincrop)

Equipment needed

Horticultural fleece; mulch

Germination time

Seed potatoes sprout in two weeks

Average plant size

70cm tall and wide

Family group to grow with

Solanaceae: aubergine, tomato

Seed saving group

5 - Specialist or not applicable

Key nutritional content

Vitamin C

Pumpkin and Squashes



Pumpkin and Squashes

Vegetable

Suggested varieties: *Atlantic Giant, Uchiki Kuri*

PLANT



Sow seed in pots, 1.5cm deep on their side. Harden off and transplant 60-90cm apart. Choose fertile soil in sunny sheltered site

GROW



Mulch to conserve moisture. Pinch out growing tips of trailing stems when 60cm long. Protect from slugs. Place larger fruit on a tile to stop rotting

EAT



Cut with 10cm stalk when fruit have coloured and sound hollow when tapped, but before frosts. Let skin harden in the sun for 10 days if storing. Flowers are edible

Spring Term			Summer Term					Autumn/Winter Term			
J	F	M	A	M	J	J	A	S	O	N	D

 Sow indoors

 Sow outdoors

 Plant out/transplant

 Harvest



Growing guide

Easy!

Average time to harvest

14-20 weeks

Equipment needed

Mulch (eg compost), tiles

Germination time

5-8 days

Average plant size

45cm tall, 120cm wide

Family group to grow with

Cucurbits: courgettes, marrows

Seed saving group

2 - Annual, can cross-pollinate

Key nutritional content

Vitamin A, vitamin C

2.5cm = 1 inch 30 cm = 1 foot

Radish



Radish

Suggested varieties: *Icicle, Rudolph, Scarlet Globe, Short Top Forcing* (summer); *China Rose, Rosa* (winter)

PLANT



Regularly sow seed 0.5cm deep in rows 10-15cm apart. Thin seedlings of summer varieties to 2.5cm; winter varieties to 10cm (sow from July)

GROW



Remove weeds by hand. Water weekly in dry weather for rapid and continuous growth. Too much water produces lots of leaves and small roots

EAT



Pull up summer varieties when small (from the size of a five pence coin); bigger roots are woody. Pull up larger winter varieties from autumn as needed

Spring Term			Summer Term					Autumn/Winter Term			
J	F	M	A	M	J	J	A	S	O	N	D

Sow indoors

Sow outdoors

Plant out/transplant

Harvest

2.5cm = 1 inch 30 cm = 1 foot

Growing guide

Easy!

Average time to harvest
3-6 wks(summer); 10-12(winter)

Equipment needed

None

Germination time

4-7 days

Average plant size

15cm tall, 10cm wide

Family group to grow with

Brassica: *broccoli, cabbage*

Seed saving group

2 - Annual, can cross-pollinate

Key nutritional content

Vitamin C, folate

Rocket



Rocket

Suggested varieties: *Rucola, Wild Rocket*

PLANT



Regularly sow seed 0.5cm deep in pots or rows. Thin or transplant to 15cm apart. Avoid summer sowings as plants tend to flower early ('bolt'). Choose partially shaded site

GROW



Keep soil moist for continuous growth. Protect from slugs. Grow early and late crops under cloches, horticultural fleece or in a greenhouse

EAT



Cut leaves when plants are 5-10cm tall. Cut regularly to encourage new growth of young tender leaves (plants regrow many times)

Spring Term			Summer Term					Autumn/Winter Term			
J	F	M	A	M	J	J	A	S	O	N	D

█ Sow indoors

█ Sow outdoors

█ Plant out/transplant

█ Harvest



Use cloche

2.5cm = 1 inch 30 cm = 1 foot

Growing guide

Easy!

Average time to harvest

From 4 weeks

Equipment needed

Horticultural fleece

Germination time

4-8 days

Average plant size

10cm tall, 5cm wide

Family group to grow with

Brassica: calabrese, cauliflower

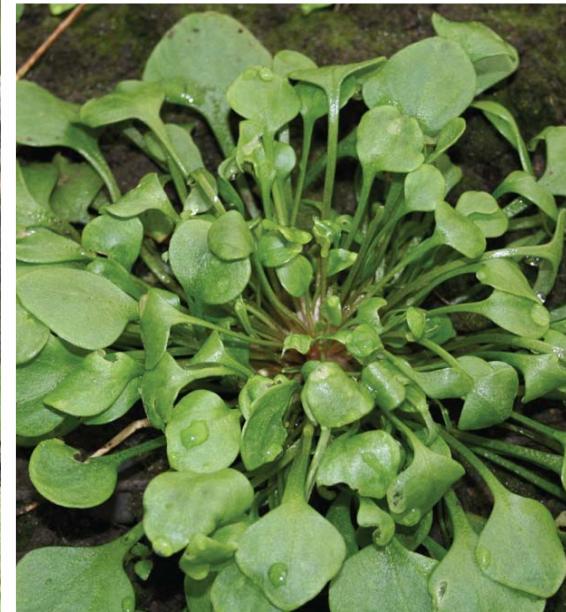
Seed saving group

2 - Annual, can cross-pollinate

Key nutritional content

Calcium, vitamin C, folate

Salad, Autumn and Winter



Salad, Autumn and Winter

Suggested varieties: *Chicory, Claytonia, Corn Salad, Land Cress, Lettuce*

PLANT



Sow seed 0.5cm deep in pots or rows. Thin seedlings or transplant, giving more space to produce bigger plants (eg 5cm for seedling crops; 15cm for mature plants)

GROW



Keep soil moist, but not too wet to prevent rotting. Plants are more reliable if protected by a cloche, greenhouse or horticultural fleece (ventilate well)

EAT



Use thinnings or cut seedlings to 2.5cm when plants are 10cm tall (plants regrow many times). Cut outer leaves of semi-mature plants or whole salad heads

Spring Term			Summer Term					Autumn/Winter Term			
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest

■ Use cloche

Growing guide

Easy!

Average time to harvest

4-12 weeks

Equipment needed

Horticultural fleece

Germination time

3-12 days

Average plant size

20cm tall and wide

Family group to grow with

Various

Seed saving group

I - Annual, self-pollinating

Key nutritional content

Vitamin C, iron

2.5cm = 1 inch 30 cm = 1 foot

Salad, Oriental



Salad, Oriental

Vegetable

Suggested varieties: Komatsuna, Mizuna, Mustard Greens, Mustard Spinach, Pak Choi

PLANT



Regularly sow seed 0.5cm deep in pots or rows. Thin seedlings or transplant; giving more space to produce bigger plants

GROW



Keep soil moist for continuous growth. Remove weeds carefully. Protect from slugs. Grow early and late crops under cloches or horticultural fleece

EAT



Use thinnings or cut seedlings to 2.5cm when plants are 10cm tall (plants regrow many times). Cut outer leaves of semi-mature plants or whole salad heads

Spring Term			Summer Term					Autumn/Winter Term			
J	F	M	A	M	J	J	A	S	O	N	D

Sow indoors

Sow outdoors

Plant out/transplant

Harvest

Use cloche

2.5cm = 1 inch 30 cm = 1 foot

Growing guide

Easy!

Average time to harvest

4-12 weeks

Equipment needed

Horticultural fleece

Germination time

3-12 days

Average plant size

20cm tall and wide

Family group to grow with

Various

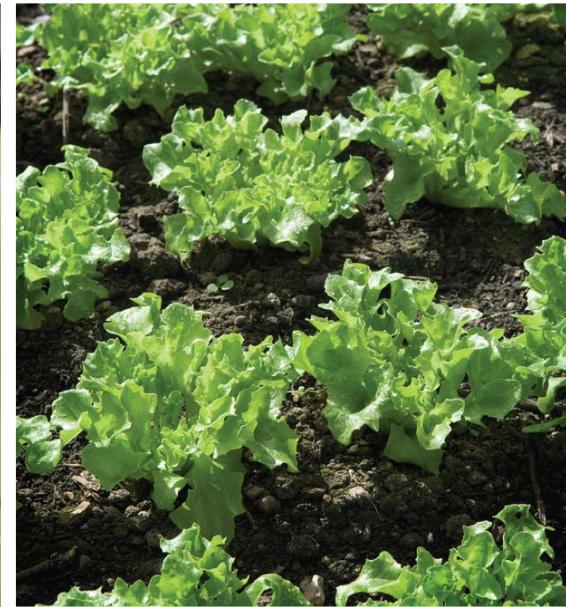
Seed saving group

I - Annual, self-pollinating

Key nutritional content

Vitamin C

Salad, Spring and Summer



Salad, Spring and Summer

Vegetable

Suggested varieties: *Endive, Lettuce, Rocket*

PLANT



Regularly sow seed 0.5cm deep in pots or rows. Thin seedlings or transplant, giving more space to produce bigger plants. Can plant between slower growing plants

GROW



Keep soil moist for continuous growth; plants in dry soil produce tough or bitter leaves and may flower early ('bolt'). Remove weeds carefully. Protect from slugs

EAT



Use thinnings or cut seedlings to 2.5cm when plants are 10cm tall (plants regrow many times). Cut outer leaves of semi-mature plants or whole salad heads

Spring Term			Summer Term					Autumn/Winter Term			
J	F	M	A	M	J	J	A	S	O	N	D
											

 Sow indoors

 Sow outdoors

 Plant out/transplant

 Harvest

 Use cloche

2.5cm = 1 inch 30 cm = 1 foot

Growing guide

Easy!

Average time to harvest

4-12 weeks

Equipment needed

None

Germination time

3-12 days

Average plant size

20cm tall and wide

Family group to grow with

Various

Seed saving group

I - Annual, self-pollinating

Key nutritional content

Vitamin C

Salsify and Scorzonera



Salsify and Scorzonera

Suggested varieties: *Mammoth; Russian Giant*

PLANT



Sow seed 1cm deep, three seeds every 15cm. Thin to leave the strongest plant. Rows 20-30cm apart. Choose deep soil for longer roots

GROW



Water in dry weather for steady growth. Carefully remove weeds by hand, avoiding damage to roots or they may divide ('fork')

EAT



Dig up as needed from autumn. Can leave in the soil over winter until spring. Dig up carefully as roots are easily broken. Young spring shoots are also edible

Growing guide

Easy!

Average time to harvest

From 20 weeks

Equipment needed

None

Germination time

12-16 days

Average plant size

30cm tall, 10cm wide

Family group to grow with

Asteraceae: lettuce, chicory

Seed saving group

4 - Biennial, needs isolation

Key nutritional content

Fibre, folate

Spring Term			Summer Term					Autumn/Winter Term			
J	F	M	A	M	J	J	A	S	O	N	D

Sow indoors

Sow outdoors

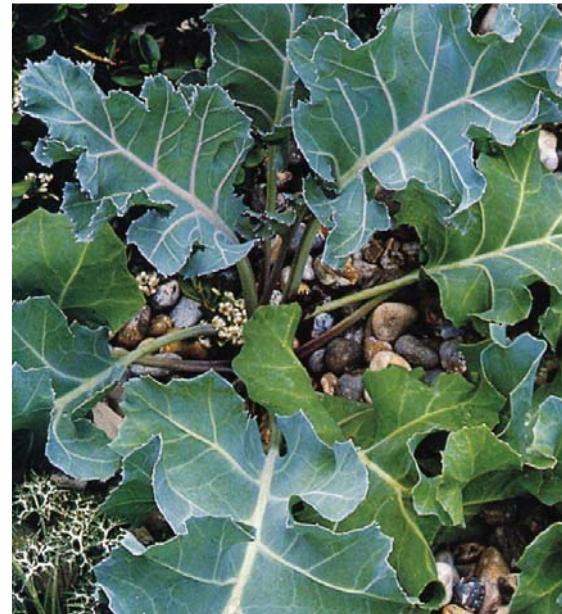
Plant out/transplant

Harvest

Use cloche

2.5cm = 1 inch 30 cm = 1 foot

Seakale



Seakale

Suggested varieties: *Lillywhite*

PLANT



Sow seed 1cm deep in pots or seedbed. Rub seed with sandpaper first to speed up germination. Transplant seedlings when 10cm tall at 45x45cm apart

GROW



Water until established. Remove weeds and protect from slugs. Mulch yearly with a thin layer of compost over the soil surface. Remove yellowing leaves

EAT



Cover plants with an upturned bucket in spring to exclude light. Pale coloured ('blanched') shoots will sprout; cut when 10-20cm long. Stop cutting in May and let plants grow

Spring Term			Summer Term					Autumn/Winter Term			
J	F	M	A	M	J	J	A	S	O	N	D

Sow indoors

Sow outdoors

Plant out/transplant

Harvest

Use cloche

2.5cm = 1 inch 30 cm = 1 foot

Growing guide

Give it a go...

Average time to harvest
24 months (will crop for 7 years)

Equipment needed

Bucket, mulch (eg compost)

Germination time

10-20 days

Average plant size

60cm tall and wide

Family group to grow with

None (long term crop)

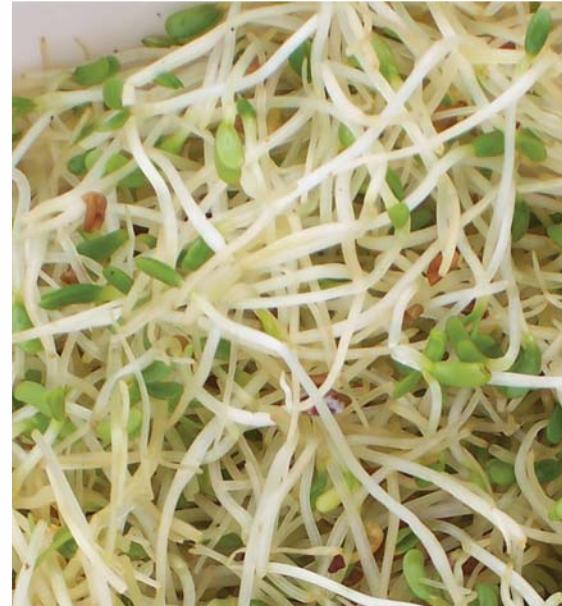
Seed saving group

4 - Biennial, needs isolation

Key nutritional content

Vitamin C

Seed Sprouts



Seed Sprouts

Suggested varieties: Alfalfa, Aduki Bean, Cress, Fenugreek, Mung Bean, Mustard, Radish

PLANT



Soak seed in tepid water overnight and rinse. Scatter seeds onto damp tissue paper in a shallow tray. Cover with polythene and place in the dark

GROW



Rinse sprouts daily. Keep the tissue constantly moist, but not too wet as the seeds may rot. Drain any free water from the tray. Remove polythene as needed

EAT



Move into light to 'green' sprouts as needed, eg alfalfa, cress, fenugreek, mustard, and radish. Keep pale coloured sprouts ('forced') in the dark, eg mung beans and aduki beans

Spring Term			Summer Term					Autumn/Winter Term			
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest



Use cloche

2.5cm = 1 inch 30 cm = 1 foot

Growing guide

Easy!

Average time to harvest

1-2 weeks

Equipment needed

Shallow tray, tissue paper

Germination time

4-10 days

Average plant size

5cm tall shoots or roots

Family group to grow with

Not part of crop rotation

Seed saving group

5 - Specialist or not applicable

Key nutritional content

Mustard, cress: vit. A, vit. C, folate

Shallot



Shallot

Suggested varieties: *Longor, Red Sun, Vigarmor*

PLANT



Plant sets 15-20cm apart just beneath soil surface. The tip should be showing. Deter birds from pulling up sets with netting or CDs tied to stakes

GROW



Weeds easily damage plants so carefully remove by hand. Water plants in dry weather for steady growth. Break off any flower stems that appear

EAT



Once leaves start to yellow (around July), dig up clusters of bulbs; dry in the sun. Remove dirt when dry and separate individual bulbs ready for storage

Spring Term			Summer Term					Autumn/Winter Term			
J	F	M	A	M	J	J	A	S	O	N	D

Sow indoors

Sow outdoors

Plant out/transplant

Harvest

Use cloche

2.5cm = 1 inch 30 cm = 1 foot

Growing guide

Easy!

Average time to harvest

20-24 weeks

Equipment needed

Stakes, CDs, netting

Germination time

Sets sprout in 11-14 days

Average plant size

30cm tall, 20cm wide

Family group to grow with

Alliaceae: garlic, onion

Seed saving group

5 - Specialist or not applicable

Key nutritional content

Vitamin C

Spinach, Annual



Spinach, Annual

Suggested varieties: *Matador* (summer); *Giant Winter* (winter)

PLANT



Regularly sow seed 1cm deep in pots or rows. Thin or transplant to 15-30cm apart. Avoid summer sowings as plants tend to flower early ('bolt')

GROW



Keep soil moist for continuous growth. Remove weeds carefully. Protect from slugs. Grow early and late crops under cloches or horticultural fleece

EAT



Cut individual leaves as needed. Can cut seedlings and mature plants to 2.5cm above the soil surface (plants regrow many times)

Spring Term			Summer Term					Autumn/Winter Term			
J	F	M	A	M	J	J	A	S	O	N	D
											

 Sow indoors

 Sow outdoors

 Plant out/transplant

 Harvest

 Use cloche

2.5cm = 1 inch 30 cm = 1 foot

Growing guide

[Give it a go...](#)

Average time to harvest

2 weeks (seedling); 10 (mature)

Equipment needed

Horticultural fleece

Germination time

10-20 days

Average plant size

30cm tall, 20cm wide

Family group to grow with

Chenopodiaceae: leaf beet

Seed saving group

2 - Annual, can cross-pollinate

Key nutritional content

Calcium, vitamin A, folate, vit. C

Swede



Swede

Suggested varieties: *Helenor, Marian, Willhemsburger*

PLANT



Regularly sow seed 1cm deep in rows 30-40cm apart. Thin seedlings in several stages to 20cm. Choose fertile moist soil in sunny site

GROW



Remove weeds by hand. Water in dry weather to prevent roots becoming woody. Roots may also 'split' if left dry for too long and then watered

EAT



Dig up as required when roots are 10-15cm in diameter. Harvest remainder by December as roots become woody if left; can store inside over winter in trays in a cool place

Spring Term			Summer Term					Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D	

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest



Use cloche

2.5cm = 1 inch 30 cm = 1 foot

Growing guide

Easy!

Average time to harvest

20-26 weeks

Equipment needed

None

Germination time

6-10 days

Average plant size

25cm tall, 30cm wide

Family group to grow with

Brassica: cauliflower, turnip

Seed saving group

4 - Biennial, needs isolation

Key nutritional content

Vitamin C

Sweetcorn



Sweetcorn

Suggested varieties: *Double Standard, Sweetie, Sweet Nugget F1*

PLANT



Sow seed in pots 1.5cm deep. Harden off and transplant 30-45cm apart in blocks of at least four plants for good wind pollination. Choose fertile soil in sunny sheltered site

GROW



Avoid damaging shallow roots when weeding. Mulch to conserve moisture. Water in dry weather after flowering starts and cobs swell. Feed with an organic fertiliser

EAT



Press thumbnail in a grain after 'silks' turn brown - milky juice means it is ripe. Twist off cob. Serve quickly as sweetness diminishes. Plants have one to two 15-20cm long cobs each

Spring Term			Summer Term					Autumn/Winter Term			
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest



■ Use cloche

2.5cm = 1 inch 30 cm = 1 foot

Growing guide

Give it a go...

Average time to harvest

12-15 weeks

Equipment needed

Mulch (eg compost)

Germination time

10-12 days

Average plant size

120-180cm tall, 45cm wide

Family group to grow with

Miscellaneous

Seed saving group

2 - Annual, can cross-pollinate

Key nutritional content

Folate and vitamin C

Sweet potato



Sweet potato

Suggested varieties: Beauregard Improved, Sweet Potato T65

PLANT



Plant rooted cuttings (bought 'slips') 30cm apart, burying half of the stem in 20cm high mounds in fertile soil in a greenhouse. Can also plant tubers or sow seed

GROW



Mulch to conserve moisture. Water well and feed. Ventilate greenhouse and spray floor with water to keep air humid. Pinch out growing tip of trailing stems from 60cm

EAT



Carefully dig up tubers when leaves are turning yellow. Dry ('cure') in the sun for 4-7 days before storing at 10-15°C. Green leaves may be eaten like spinach

Spring Term			Summer Term					Autumn/Winter Term			
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest

■ Use cloche

Growing guide

Trickier

Average time to harvest

12-16 weeks

Equipment needed

Mulch (eg compost)

Germination time

Shoots grow in 10-20 days

Average plant size

60-200cm long stems

Family group to grow with

Miscellaneous

Seed saving group

5 - Specialist or not applicable

Key nutritional content

Vitamin A and vitamin C

2.5cm = 1 inch 30 cm = 1 foot

Tomato, Indoor



Tomato, Indoor

Suggested varieties: Yellow Pear (small); Alicante, Ailsa Craig (medium)

PLANT



Sow seed 0.1cm deep in pots. Repot if needed. Transplant into large pots when first flowers open. Choose tall single stem ('cordon') or bush varieties

GROW



Keep soil moist. Use tomato feed. Tie main stem to a stake. Remove side shoots from cordons (not bushes) and yellowing leaves. Ventilate greenhouse

EAT



Remove growing tip after seven 'trusses' set or when plants reach top of greenhouse (cut two leaves above the top truss). Pick when fully coloured

Spring Term			Summer Term					Autumn/Winter Term			
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest



■ Use cloche

2.5cm = 1 inch 30 cm = 1 foot

Growing guide

Give it a go...

Average time to harvest

12-16 weeks

Equipment needed

Stakes, twine, feed

Germination time

8-11 days

Average plant size

30-150cm tall, 30cm wide

Family group to grow with

Solanaceae: aubergine, potato

Seed saving group

I - Annual, self-pollinating

Key nutritional content

Vitamin C and vitamin A

Tomato, Outdoor



Tomato, Outdoor

Suggested varieties: *Gardener's Delight* (small); *Tigerella* (medium)

PLANT



Sow seed 0.1cm deep in pots. Repot if needed. Harden off and transplant 30-45cm apart when first flowers open. Choose fertile soil and sunny sheltered site

GROW



Keep soil moist. Use tomato feed. Tie main stem to a stake. Remove side shoots from cordons (not bushes). Cut off yellowing leaves and those shading lower 'trusses' of fruit

EAT



Remove growing tip after four trusses set. Pick when fully coloured. Ripen green tomatoes at end of season indoors or protect plants from frost with horticultural fleece

Spring Term			Summer Term					Autumn/Winter Term			
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest

■ Use cloche

2.5cm = 1 inch 30 cm = 1 foot

Growing guide

Give it a go...

Average time to harvest

16-20 weeks

Equipment needed

Stakes, twine, feed

Germination time

8-11 days

Average plant size

30-150cm tall, 30cm wide

Family group to grow with

Solanaceae: aubergine, potato

Seed saving group

I - Annual, self-pollinating

Key nutritional content

Vitamin C and vitamin A

Turnip



Turnip

Suggested varieties: *Purple Top Milan* (early), *Golden Ball* (maincrop)

PLANT



Regularly sow seed 1cm deep in rows 15-20cm apart. Thin spring sown seedlings to 10cm; 15cm for summer sown maincrop varieties. Choose fertile moist soil

GROW



Remove weeds by hand. Water well in dry weather for tenderness and to avoid early flowering ('bolting'). Roots may also 'split' if left dry for too long and then watered

EAT



Pull up as needed; early sown from golfball size and maincrop when larger but before becoming woody. Can also cut 15cm tall young leaves (plants regrow many times)

Spring Term			Summer Term					Autumn/Winter Term			
J	F	M	A	M	J	J	A	S	O	N	D
											

 Sow indoors

 Sow outdoors

 Plant out/transplant

 Harvest

 Use cloche

2.5cm = 1 inch 30 cm = 1 foot

Growing guide

Easy!

Average time to harvest
6 weeks (early); 12 (maincrop)

Equipment needed

None

Germination time

6-10 days

Average plant size

20cm tall, 20cm wide

Family group to grow with

Brassica: cabbage, kohlrabi

Seed saving group

4 - Biennial, needs isolation

Key nutritional content

Vitamin C