
















Gardener's calendar

✓ = Sow indoors ✓ = Sow outdoors

Vegetable		Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
 BETROOT - Sow seeds outdoors 30 cms between rows, thinning plants to 10 cms apart. Pick when small before the beetroot turn woody. You can eat the young leaves in salads!	Sow		✓	✓	✓	✓	✓	✓					
	Plant			✓	✓	✓							
	Harvest					😊	😊	😊	😊	😊	😊		
 CARROTS - Make early spring sowings under a cloche. Leave 30 cms between rows, thinning plants to 2 cms apart. Cover plants with fleece to deter carrot fly pests.	Sow			✓	✓	✓			✓				
	Plant												
	Harvest					😊	😊	😊	😊	😊	😊	😊	
 PEPPERS - Sow seeds indoors. Wait until the last frost to plant outside into containers on a sunny patio. To encourage bushy growth, pinch out the growing tips when plants are 20 cms tall.	Sow		✓	✓	✓								
	Plant					✓	✓						
	Harvest							😊	😊	😊	😊		
 COURGETTES - Sow seeds indoors, or in a sunny spot outdoors after the last frost, spacing plants 90 cms apart. Mulch around plants and keep well watered.	Sow			✓	✓	✓							
	Plant				✓	✓	✓						
	Harvest						😊	😊	😊	😊			
 FRENCH BEANS - Sow indoors, planting out after the last frost. Make later sowings outdoors under a cloche. Space plants 15 cms apart. Water regularly.	Sow		✓	✓	✓	✓	✓						
	Plant				✓	✓	✓						
	Harvest						😊	😊	😊	😊	😊		
 LETTUCE - Sow in moist soil 25 cms between rows, thinning plants to 10 cms - Eat the thinnings! Make sowings once a week for continuous supply. Cover with fleece in cold weather.	Sow		✓	✓	✓	✓	✓	✓	✓	✓	✓		
	Plant				✓	✓	✓	✓	✓	✓	✓		
	Harvest	😊	😊	😊	😊	😊	😊	😊	😊	😊	😊	😊	😊
 PEAS & MANGETOUT - Sow early indoors then outdoors 90 cms between rows with plants 5 cms apart. Support plants with pea sticks. Cover with fleece to deter mice and pigeons.	Sow		✓	✓	✓	✓	✓	✓					
	Plant			✓	✓	✓							
	Harvest					😊	😊	😊	😊	😊	😊		
 POTATOES - Choose blight-resistant varieties. Dig plenty of organic matter into the soil. Plant 12 cms deep, 40 cms apart with 60 cms between rows. As plants grow bank up the soil to cover the stems. Water well.	Sow												
	Plant			✓	✓	✓							
	Harvest						😊	😊	😊	😊	😊		
 RADISHES - Sow every 3 weeks outdoors 15 cms between rows, thinning plants to 3 cms for a continuous supply. Pick young before they turn woody.	Sow	✓	✓	✓	✓	✓	✓	✓	✓	✓			
	Plant												
	Harvest	😊				😊	😊	😊	😊	😊	😊	😊	😊
 ROCKET - Grow as a cut-and-come-again crop. Sow outdoors 45 cms between rows, thinning plants to 23 cms apart. Keep well watered, mulch around plants to seal in moisture.	Sow				✓	✓	✓	✓	✓	✓			
	Plant												
	Harvest	😊		😊	😊	😊	😊	😊	😊	😊	😊	😊	😊
 RUNNER BEANS - Dig lots of organic matter into the soil before sowing. Sow beans indoors, or in a sunny spot outdoors after the last frost. Grow plants up a wigwam of tall canes. Keep well watered.	Sow				✓	✓							
	Plant					✓	✓						
	Harvest							😊	😊	😊	😊		
 SPINACH - Grow as a cut-and-come-again crop. Sow outdoors after the last frost 30 cms between rows, thinning plants to 15 cms. Sow seeds every 3 weeks for a continuous supply. Cover with a fleece in cold weather.	Sow			✓	✓	✓	✓	✓		✓	✓		
	Plant				✓	✓	✓						
	Harvest	😊	😊	😊	😊	😊	😊	😊	😊	😊	😊	😊	😊
 SPRING ONIONS - Make sowings outdoors 15 cms between rows every 3 weeks for a continuous supply. No need to thin. Cover with a cloche when the weather turns cold.	Sow			✓	✓	✓	✓	✓	✓	✓			
	Plant												
	Harvest				😊	😊	😊	😊	😊	😊	😊		
 SWEETCORN - Sow indoors, planting out after the last frost in a sunny spot. As sweetcorn is wind pollinated, group plants in a block, spaced 45 cms apart. Water regularly, especially during dry spells.	Sow				✓	✓							
	Plant					✓	✓						
	Harvest							😊	😊	😊	😊		
 TOMATOES - Sow indoors, then plant out 45 cms apart in a sunny spot. Tie single-stemmed ('cordon') varieties to a cane for support and pinch out the sideshoots (these appear just above the leaf joint).	Sow			✓	✓								
	Plant					✓	✓						
	Harvest							😊	😊	😊			

GARDENING TIPS

- **Successional sowing** avoid gluts of crops - Sow in small quantities every few weeks.
- Do not let your plants go to seed if you wish to continue harvesting them.
- Always read the packets and follow the instructions, if different to above.

- Grow disease and pest free varieties to save time.
- Herbs are easy to grow and look great in pots.
- If you don't have a great deal of space, try sowing lettuces in pots, but remember pots will dry out quicker.
- Take time to water your crops, this is the key to success.
- If you don't have time to sow, buy young plants instead.