

## A Vegetable-Growing Guide for Beginners

### What to Grow When and How?

Name	Sow	Harvest	Specification	Remarks	Classification
Bean - Runner	April-June	July-September	Sow in pots in a greenhouse in April, or sow outside in May-June.	Requires beanpoles for climbing.	A
Beans - Dwarf French	April-June	July-September	Sow in pots in a greenhouse in April-May and plant outside after the risk of frost is over.	Does not require any support, produces plenty of beans over a long period.	A
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.	A
Broad bean	Feb	June onwards	Sow directly	Could be sown in November for early harvest.	A
Courgettes	April-May	July onwards	Sow in pots and plant out after the last frost, or sow out directly in May	Requires very little attention once planted out; produces large quantity on a regular basis for a long period. Not suitable for storage.	A
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.	A
Lettuce (Corn salad or lamb lettuce)	Sept-Oct.	December onwards	Sow directly	Requires little attention.	A
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.	A
Radish	All the year round, depending on	Summer variety in 4-6 weeks	Sow directly	Sow in succession for continuous supply.	A
Rocket	March-Sept	After 6 weeks from sowing	Sow directly	Sow in succession for continuous supply.	A

### A Vegetable-Growing Guide for Beginners

Spinach	Feb-May; July-Oct.	After 6-8 weeks from planting	Sow directly	If sown in succession provides regular supply of green leaf veg.	A
Spinach (Swiss Chard leaf beet)	April-July	Aug-March	Sow directly	If sown in succession provides regular supply of green leaf veg.	A
Spring Onion	March-July	After 12 weeks from sowing	Sow directly	Sow in succession for continuous supply.	A
Turnip	March-July	After 8 weeks from sowing	Sow directly	Sow in succession (2 weeks interval) for a regular supply during summer.	A
Broccoli Green Sprouting (Calabrese)	April-May	August onwards	Sow in a seedbed and plant out after 6-8 weeks	Requires netting to protect from birds and caterpillars	B
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.	B
Butternut Squash/Pumpkin	April-May	August onwards	Sow in a pots and plant out after the last frost, or sow out directly in May	Requires very little attention once planted out, but spreads widely. Could be stored for winter use.	B
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.	B
Cucumber	April-May	May	Sow in pots in a greenhouse and plant out after the last frost		B
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.	B
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.	B
Lettuce Cos	March-Aug	May-Oct.	Sow directly or in a seedbed and plant seedlings out.	If sown out directly thinning required after 5-6 weeks.	B

### A Vegetable-Growing Guide for Beginners

Lettuce Iceberg	March-Aug	May-Oct.	Sow directly or in a seedbed and plant seedlings out.	If sown out directly thinning required after 5-6 weeks.	B
Onion (over wintering variety)	Sept-Oct.	June-July	Sow directly leaving the tip visible.	Stores well for use in autumn and winter	B
Onion (Red)	March-April	September	Sow directly leaving the tip visible.	Stores well for use in autumn and winter	B
Onion (white)	March-April	August	Sow directly leaving the tip visible.	Stores well for use in autumn and winter	B
Pak Choi (Chinese leaf spinach)	May-Aug	July-Nov	Sow directly or in a seed tray and then plant outside after 6 weeks.	Requires netting to protect from birds	B
Parsnip	March-April	October onwards	Sow directly	Good source of veg for winter	B
Peas ( mange-tout)	Feb-May	May onwards	Sow directly	Requires netting to protect from birds.	B
Peas (Sugar snap)	Feb-May	May onwards	Sow directly	Requires netting to protect from birds.	B
Potato (Main)	April	Aug-Sept.	Chitting not necessary	Requires drawing up earth and compost around the plant at least once	B
Shallot	Jan.-Feb.	July-Aug.	Sow directly leaving the tip visible.	Stores well for use in autumn and winter	B
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 netting to protect from birds and caterpillars	C
Carrots	April-May	June onwards	Sow directly	Susceptible to carrot fly unless protected by special fleece.	C
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	C
Potato (Early)	March	July	Chitting required before sowing	Requires drawing up earth and compost around the plant at least once	C
Sweet corn	April-June	Aug-Sept.	Sow in pots in greenhouse 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.	C

### A Vegetable-Growing Guide for Beginners

Sweet Pepper	Dec.-Jan.	Aug.-Sept.	Sow in heated propagator and plant out later.	Only grows well in greenhouse or in sheltered location.	C
Tomato	Jan.-Feb.	July-Sept.	Sow in heated propagator and plant out later.	Only grows well in greenhouse or in sheltered location.	C
Aubergine	Feb-March	August onwards	Sow in pots in a greenhouse before planting out	Only grows well in a greenhouse or sheltered location.	C
Parsnip	Feb-March	October onwards	Sow directly	Very slow and difficult to germinate. Parsnip will store in the ground until February the following year.	C

*Note - A = Fairly easy to grow (for those with little experience of growing vegetables); B = Not so easy; C = Difficult*