

Veg	Growing times	Varieties	Sow	Plant out	Eating time	Notes
Potatoes	Grow in usual season and store in soil in bags or clamps. Use main crop varieties where appropriate.	Main crop for storage; Earlies can be used for later growing and quick turn-round		April/May	Jul-Apr	Can be planted undercover for winter harvest if can be kept frost free
Carrots		Autumn king main crop Nantes or napoli carrots, rainbow are also earlies	May	Sow direct	Jun-Apr	Early crops of beetroot and carrots can be grown under cover. Germinate on paper with warmth; mix with fungicide free wallpaper paste when roots have just sprouted and sow direct. Likely to bolt when weather gets warmer
Beetroot		Jannis (Detroit type) beetroot early Cheltenham greentop will overwinter in ground harvest May	May	Sow direct	Aug-Apr	
Celeriac		Ibis; Prinz	Early Feb	Mid-late May	Oct-Apr	Sow in small modules, replot April before planting out in May
Neeps		Marian	May	Sow direct	Sept-Apr	
Parsnips		Gladiator; Halblange; Tender & True	April	Sow direct	Oct-Apr	
Pumpkin	Grow in usual season cure (harden skin) and store 10-13°C (50-75% humidity) for up to 3 months.	Rouge d'etampes; Blue Hungarian	Early May	Late May, no later than 1 <sup>st</sup> week in June. Undercover	Sept-Jan	
Rhubarb	Grow in usual season, force for early eating				Mar-May	
Cabbage	Grow in usual season. Choose a mix of varieties for early eating and overwintering	January king, Vertus savoy, Celtic, Offingham, Greyhound	May/June	June/July	All year	Ball head cabbages hold well through the winter
Sprouts		Seven hills, Early half tall, Groninger, Doric	April-June	June/July	Sept-Jan	Sprouts often turn mouldy if kept under environmesh but can be wind damaged if left exposed.
Broccoli		Early and late purple sprouting	May/June	July	Apr-May	Will need wind protection through winter
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<b>Cauliflower</b>	Grow in usual season. Choose a mix of varieties for early eating and overwintering	Candid charm summer; Belot autumn; All year round spring	Feb-June	May-July	Jul-nov Apr-May	Will need wind protection through winter. Curds can be wet sensitive
<b>Leeks</b>		Pandora, early; Musselburgh, mid; Bandit, late	Earliest Feb, Mid & late in March	June	Sept-April	Feed leeks sown in pots weekly after first 6 weeks
<b>Kale</b>	Grow in usual season or sow undercover for winter	Red winter; halbhoher; red curled; Nero	May, Aug, Sept	June/July September undercover or sow direct	Aug-May	Will flower in May, needs wind protection if outside over winter
<b>Herbs</b>	Grow in season or anytime undercover Except basil	Any	Early Feb onwards	May. Or sow direct outside from May	Mar-Dec	Basil will need 21°C+ for good growth. Can be started in Feb with heat, plant out undercover May →
<b>Salad</b>	All year undercover	Winter density, winter crop for overwintering (Sept-May) summer varieties from late March to August	Late Jan to early Sept	March undercover, late April outside with protection. Sow direct from May, last outside sowing end June	All year	Successional sowings for continued supply. Use winter hardy types if danger of frost. Mould can be a problem in late autumn/early winter will go once daylight lengthens.
<b>Spicy salad leaves</b>	All year undercover	Landcress, claytonia, corn salad, Moroccan cress, edible chrysanthemum; all winter hardy undercover; mizuna, mibuna, red frills, golden frills will overwinter undercover if not too cold; use fleece for protection	Late Jan to early Sept	March undercover, late April outside with protection. Sow direct from May, last outside sowing end June	All year	Successional sowings for continued supply. Use winter hardy types if danger of frost. Mould can be a problem in late autumn/early winter will go once daylight lengthens.
<b>Chard</b>	All year undercover	Rainbow	Feb-sept	April-sept or direct sow	All year	Needs sheltered spot outside, repeat sowings for overwintering
<b>Spinach</b>	All year undercover	Palco (true) or leaf beet	Feb-sept	April-sept or direct sow	All year	True spinach will bolt once daylight is over 15 hrs, use leaf beet (perpetual) in summer, true in winter
<b>Spring onion</b>	All year undercover	Ramrod, white Lisbon (winter hardy)	Jan-Aug	May-Aug or direct sow	All year	Take approx. 3 months to mature in season, longer in winter. Will sit over winter.
<b>Pak choi Chinese cab Spicy stir-fry</b>	August-May undercover	Red or green, tatsoi, giant red mustard; green in snow	Aug, feb,	Sept, Apr, or direct sow	Oct-Dec Mar-May	Better grown overwinter; will bolt in heat. Quick growing
<b>Turnip</b>	Mar-Aug outside Aug-Mar undercover	Snowball; Purple top Milan	Mar-sept	Sow direct	Jun-Feb	Easy to grow