





WILEN TO SOW DI ANT AND HADVEST													
WHEN TO SOW, PLANT AND HARVEST  All these crops can be grown in containers as well as in the ground  • SOW INDOORS • SOW OUTDOORS		JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	ОСТ	NOV	DEC
BEETROOT Sow seeds outdoors (30cm between rows, thinning plants to 10cm apart), pick when small before the	SOW		0										
	PLANT			•	•	•							
beetroot turn woody. You can eat the young leaves in salads.	HARVEST					•	•	•	•	•	•		
CARROTS  Make early spring sowings under a cloche. Leave 30cm between rows, thinning plants to 2cm apart.  Cover plants with fleece to deter carrot fly pests.	SOW												
	PLANT												
	HARVEST					•	•	•	•	•	•	•	
CHILLIES/SWEET PEPPERS Sow seeds indoors. Wait until after the last frost to plant outside into containers on a sunny patio. To encourage bushy growth, pinch out the growing tips when plants are 20cm tall.	SOW		0	0	0								
	PLANT					•	•						
	HARVEST							•	•	•	•		
COURGETTES  Sow seeds indoors, or in a sunny spot outdoors after the last frost, spacing plants 90cm apart. Mulch around plants and keep well watered.	SOW			0									
	PLANT				•	•	•						
	HARVEST						•	•	•	•			
FRENCH BEANS Sow indoors, planting out after the last frost. Make later sowings outdoors under a cloche. Space plants 15cm apart. Water regularly.	SOW		0	0	0								
	PLANT				•	•	•						
	HARVEST						•	•	•	•	•		
LETTUCE/SALAD LEAVES  Sow in moist soil (25cm between rows, thinning plants to 10cm – eat the thinnings!).  Make sowings once a week for a continuous supply. Cover with fleece in cold weather.	SOW		0										
	PLANT				•	•	•	•	•	•	•		
	HARVEST	•	•	•	•	•	•	•	•	•	•	•	•
PEAS/MANGETOUTS Sow early indoors then outdoors (90cm between rows with plants 5cm apart). Support plants with pea sticks. Cover with fleece to deter mice and pigeons.	SOW		0										
	PLANT			•	•	•							
	HARVEST					•	•	•	•	•	•		
POTATOES Choose blight-resistant varieties. Dig plenty of organic matter into the soil. Plant 12cm deep, 40cm apart with 60cm between rows. As plants grow, bank up soil to cover the stems. Water well.	SOW												
	PLANT			•	•	•							
	HARVEST						•	•	•	•	•		
RADISHES Sow every three weeks outdoors (15cm between rows, thinning plants to 3cm) for a continuous supply. Pick young before they turn woody.	SOW						•						
	PLANT												
	HARVEST	•				•	•	•	•	•	•	•	•
ROCKET Grow as a cut-and-come-again crop. Sow outdoors (45cm between rows, thinning plants to 23cm 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				0								
	PLANT						•						
	HARVEST							•	•	•	•		
SPINACH	SOW			0									
Grow as a cut-and-come-again crop. Sow outdoors after the last frost (30cm between rows, thinning plants to 15cm). Sow seeds every three weeks for a continuous supply. Cover with fleece in cold weather.	PLANT						•						
	HARVEST	•	•	•	•	•	•	•	•	•	•	•	•
SPRING ONIONS  Make sowings outdoors (15cm between rows) every three 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 45cm apart. Water regularly, especially during dry spells.	SOW				0	0							$\dashv$
	PLANT					•	•						
	HARVEST							•	•	•	•		
TOMATOES	SOW			0	0								
Sow indoors, then plant out 45cm apart in a sunny spot. Tie single-stemmed ('cordon') varieties to a cane for support and pinch out sideshoots (these appear just above a leaf joint).	PLANT					•	•						
	HARVEST								•	•	•		

For more grow-your-own ideas see in store, visit robertdyas.co.uk or scan here with your smartphone:

## growing culinary herbs

• Save money on supermarket herbs by growing them yourself • Basil, parsley, chives and coriander are quick and easy from seed • Woody herbs, such as sage, rosemary and thyme, take longer to get going, so consider buying them as young plants • Sowing herbs from seed is great for those that can be hard to find in the supermarket • Check out James Wong's range at **robertdyas.co.uk**.

## interplanting

• Planting different crops together is a great way to maximise on limited growing space • Sow fast-maturing crops such as spring onions, radishes and salad leaves between slower growing crops such as sweetcorn and brassicas • Dense interplanting of lettuce, onions and carrots will work well too.