



grow your own



WHEN TO SOW, PLANT AND HARVEST													
All these crops can be grown in containers as well as in the ground													
		JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
BEETROOT	SOW		○	●	●	●	●	●					
	PLANT			●	●	●							
	HARVEST					●	●	●	●	●	●		
CARROTS	SOW			●	●	●			●				
	PLANT												
	HARVEST					●	●	●	●	●	●	●	
CHILLIES/SWEET PEPPERS	SOW		○	○	○								
	PLANT					●	●						
	HARVEST						●	●	●	●	●		
COURGETTES	SOW			○	●	●	●						
	PLANT				●	●	●						
	HARVEST						●	●	●	●			
FRENCH BEANS	SOW		○	○	○	●	●						
	PLANT				●	●	●						
	HARVEST						●	●	●	●	●		
LETTUCE/SALAD LEAVES	SOW		○	●	●	●	●	●	●	●	●		
	PLANT				●	●	●	●	●	●	●		
	HARVEST	●	●	●	●	●	●	●	●	●	●	●	●
PEAS/MANGETOUTS	SOW		○	●	●	●	●	●					
	PLANT			●	●	●							
	HARVEST					●	●	●	●	●	●		
POTATOES	SOW												
	PLANT			●	●	●							
	HARVEST						●	●	●	●	●		
RADISHES	SOW	●	●	●	●	●	●	●	●	●			
	PLANT												
	HARVEST	●				●	●	●	●	●	●	●	●
ROCKET	SOW				●	●	●	●	●	●			
	PLANT												
	HARVEST	●		●	●	●	●	●	●	●	●	●	●
RUNNER BEANS	SOW				○	●	●						
	PLANT					●	●						
	HARVEST						●	●	●	●	●		
SPINACH	SOW			○	●	●	●	●		●	●		
	PLANT				●	●	●						
	HARVEST	●	●	●	●	●	●	●	●	●	●	●	●
SPRING ONIONS	SOW			●	●	●	●	●	●	●			
	PLANT												
	HARVEST				●	●	●	●	●	●	●		
SWEETCORN	SOW				○	○							
	PLANT					●	●						
	HARVEST						●	●	●	●			
TOMATOES	SOW			○	○								
	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.

