

# Plum

Suggested varieties: *Early Prolific, Merryweather Damson, Victoria*

**Fruit**

**PLANT**



Plant single stem or part-trained trees on suitable 'rootstock', eg dwarf 'Pixy' or larger 'St Julien A'. Choose well drained fertile soil in warm, sunny sheltered site

**GROW**



Stake, water, mulch. Train as 'bush' or 'pyramid shape' (evenly spaced stems; shorten shoots) or on wire framework, eg 'fan' (tie in main stems; shorten side shoots)

**EAT**



Pick when fully coloured and feels slightly soft. Grow varieties that flower together for fruit set, ie 'pollination groups'. Protect flowers from frost with horticultural fleece

## Growing guide

Trickier

## Average time to harvest

From 24 months

## Equipment needed

Stakes, mulch (eg compost), fleece

## When to prune

Spring and summer

## Average plant size

200-300cm tall and wide

## Family group to grow with

Rosaceae: apple, pear

## Seed saving group

5 - Specialist or not applicable

## Key nutritional content

Vitamin C

Spring Term			Summer Term					Autumn/Winter Term			
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest



Use cloche

2.5cm = 1 inch 30 cm = 1 foot

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# Plum

Fruit



# Raspberry

**Fruit**

Suggested varieties: *Malling Jewel* (summer); *Autumn Bliss* (autumn)

**PLANT**



**Plant canes (30cm tall woody stems). Space 40cm apart; new canes will form unbroken row over time. Rows 150cm apart. Choose well drained soil in sunny sheltered site**

**GROW**



**Water, mulch. Tie new canes to horizontal wires. 'Summer raspberries' produce fruit on growth from year before; 'autumn raspberries' on current season's growth**

**EAT**



**Pick when fully coloured. Cut 'fruited canes' to soil level. Leave 'non-fruited' canes on summer raspberries (ie current season's growth) to fruit next year after overwintering**

Spring Term			Summer Term					Autumn/Winter Term			
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors   
 ■ Sow outdoors   
 ■ Plant out/transplant   
 ■ Harvest   
 Use cloche

## Growing guide

Give it a go...

## Average time to harvest

From 18 months

## Equipment needed

Stakes, wire, twine, mulch

## When to prune

Autumn

## Average plant size

180cm tall, 45cm wide

## Family group to grow with

Rosaceae: blackberry, plum

## Seed saving group

5 - Specialist or not applicable

## Key nutritional content

Vitamin C, folate

2.5cm = 1 inch    30 cm = 1 foot

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# Raspberry

Fruit



# Red and Whitecurrant

## Fruit

Suggested varieties: *Jonkheer Van Tets* (red),  
*White Versailles* (white)

### PLANT



Plant pot grown or bare root bushes with at least four evenly spaced branches. Space 100-150cm apart. Choose well drained fertile soil in sunny or part shaded, sheltered site

### GROW



Water and mulch. Reduce length of main stems by half in second year. Cut side shoots to one bud and shorten main shoots. Can also grow as 'fan' shape or 'cordon'

### EAT



Pick when fully coloured and ripe, but still firm. Remove whole trusses ('strigs') rather than individual fruit. Cover plants with netting to protect from birds. Bushes are self fertile.

### Growing guide

Give it a go...

### Average time to harvest

From 18 months

### Equipment needed

Mulch (eg compost)

### When to prune

Winter or early spring

### Average plant size

150cm tall and wide

### Family group to grow with

Grossulariaceae: gooseberry

### Seed saving group

5 - Specialist or not applicable

### Key nutritional content

Vitamin C and fibre

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest



Use cloche

2.5cm = 1 inch 30 cm = 1 foot

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# Red and Whitecurrant

Fruit



# Rhubarb

Suggested varieties: *Champagne, Victoria*

**Fruit**

**PLANT**



Plant bought or own 'sets', ie young plants from divided root ball. Space sets 90cm apart in rows at 30cm. Choose well drained, but moist soil in sunny sheltered site

**GROW**



Water well. Mulch to conserve moisture, but avoid burying top buds ('crown') as they may rot. Remove weeds and yellowing leaves. Clear away leaves killed by frost

**EAT**



Harvest from second year. Gently pull (not cut) 30cm long stems (up to half of all stems). Cover crown with large pot in spring to 'force' growth for earlier crop

## Growing guide

Give it a go...

## Average time to harvest

From 12 months

## Equipment needed

Mulch (eg compost)

## When to prune

Dead leaves in autumn

## Average plant size

60cm tall, 90cm wide

## Family group to grow with

Miscellaneous

## Seed saving group

5 - Specialist or not applicable

## Key nutritional content

Vitamin C

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest



Use cloche

2.5cm = 1 inch 30 cm = 1 foot

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# Rhubarb

Fruit





# Strawberry

**Fruit**

Suggested varieties: *Aromel, Cambridge Favourite, Florence, Honeoye, Pegasus, Red Gauntlet*

**PLANT**



Plant pot grown or bare root 'runners' (young plants). Space 30cm apart in rows at 60cm. Can grow in large pots. Choose well drained fertile soil in sunny site

**GROW**



Water, feed. Protect from slugs. Net over to deter birds. Remove first flush of flowers for good crop in second year. Keep fruit clean with straw, sheeting or mats underneath

**EAT**



Pick fully coloured. Cover with horticultural fleece for longer harvest. Replace plants every three years to maintain crop quality (use new location). Pot up or remove runners.

## Growing guide

Give it a go...

## Average time to harvest

From 20 weeks

## Equipment needed

Feed, netting, horticultural fleece

## When to prune

Tidy plants in spring

## Average plant size

15cm tall, 30cm wide

## Family group to grow with

Rosaceae: blackberry, raspberry

## Seed saving group

5 - Specialist or not applicable

## Key nutritional content

Vitamin C

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D
		■	■	■				■	■		
				■	■	■	■	■	■		

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest



Use cloche

2.5cm = 1 inch 30 cm = 1 foot

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# Strawberry

Fruit



# Borage

Suggested varieties: *Borago officinalis* (botanical name)

## Edible Flowers

### PLANT



**Sow seed 0.5cm deep in rows (or scatter seed and rake in). Thin seedlings to 45cm apart. Avoid transplanting as plants dislike disturbance to tap root. Choose sunny site**

### GROW



**Water in prolonged dry weather. Remove weeds. Tall stems may need staking (often when in more fertile soil). Will readily self-seed (grow by itself next year)**

### EAT



**Pick flowers just after they open fully. Keep picking for more flowers. Can also pick young fresh leaves, but skin contact with leaves may irritate**

### Growing guide

Easy!

### Average time to harvest

From 8 weeks

### Equipment needed

Stakes

### Germination time

10-20 days

### Average plant size

60cm tall and wide

### Family group to grow with

Miscellaneous

### Seed saving group

I - Annual, self-pollinating

### Key nutritional content

Vitamin C, calcium and iron

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest



Use cloche

2.5cm = 1 inch 30 cm = 1 foot

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# Borage



# Nasturtium

Suggested varieties: *Tom Thumb, Wina, Whirlybird Mixed*

## Edible Flowers

### PLANT



Sow seed 1.5cm deep in pots or rows. Thin or transplant seedlings to 20cm apart. Choose sunny site; avoid very fertile soil to prevent excess leaves with few flowers

### GROW



Keep well watered in dry weather. Wash off any 'aphid' pests on leaves and pick off caterpillars; cut back plants if the attack is severe

### EAT



Pick flowers just after they open fully. Keep picking and remove seed heads to encourage more flowers. Young leaves are also edible

### Growing guide

Easy!

### Average time to harvest

From 8 weeks

### Equipment needed

None

### Germination time

10-20 days

### Average plant size

30cm tall, 45cm wide

### Family group to grow with

Miscellaneous

### Seed saving group

2 - Annual, can cross-pollinate

### Key nutritional content

Low calorie complement

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D
		■	■	■							
				■	■	■	■	■			

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest



Use cloche

2.5cm = 1 inch 30 cm = 1 foot

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# Nasturtium

Edible Flowers



# Marigold, English (Pot)

Edible Flowers

Suggested varieties: *Calendula officinalis*, Double Art Shades

PLANT



Sow seed 0.5cm deep in pots or rows. Thin or transplant seedlings to 20cm apart. Choose sunny site and reasonable well drained soil

GROW



Remove growing tips to encourage bushiness. Cut off seed heads to prevent excessive 'self-seeding' (growing by itself next year). Open flowers forecast a fine day ahead

EAT



Pick flowers just as they open, stripping and using petals. Keep picking to encourage more flowers. Young leaves are also edible

## Growing guide

Easy!

## Average time to harvest

From 10 weeks

## Equipment needed

None

## Germination time

7-14 days

## Average plant size

30-60cm tall and wide

## Family group to grow with

*Asteraceae*: lettuce, chicory

## Seed saving group

2 - Annual, can cross-pollinate

## Key nutritional content

Low calorie complement

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest



Use cloche

2.5cm = 1 inch 30 cm = 1 foot

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# Marigold, English (Pot)

Edible Flowers





# Marigold, French

## Edible Flowers

Suggested varieties: *French Dwarf Double Mixed*

### PLANT



Sow seed 0.5cm deep in pots and transplant seedlings when growing strongly to 20cm apart. Choose sunny site and fertile soil

### GROW



Water in prolonged dry weather. Remove seed heads. Plants can deter garden pests, eg 'whitefly' from indoor tomatoes if planted underneath. Leaves are aromatic

### EAT



Pick flowers just after they open, removing whiter part from petal where attached to flower (can be bitter). Keep picking to encourage more flowers. Young leaves are edible

### Growing guide

Easy!

### Average time to harvest

From 8 weeks

### Equipment needed

None

### Germination time

7-14 days

### Average plant size

15-30cm tall and wide

### Family group to grow with

*Asteraceae: lettuce, chicory*

### Seed saving group

2 - Annual, can cross-pollinate

### Key nutritional content

*Low calorie complement*

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

Sow indoors

Sow outdoors

Plant out/transplant

Harvest



Use cloche

2.5cm = 1 inch 30 cm = 1 foot

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# Marigold, French

Edible Flowers



# Sweet Violet

Suggested varieties: *Viola odorata* (botanical name)

## Edible Flowers

### PLANT



Sow seed on soil surface in pots in autumn; will germinate in spring. Transplant when growing strongly to 15cm apart. Prefers partial shade and fertile soil

### GROW



Remove growing tips to encourage bushiness. Cut back stems in autumn. Can grow outdoors for years; divide and replant old clumps in autumn. Flowers turn to face the sun

### EAT



Pick sweetly scented flowers in late winter and spring. Keep picking for more flowers. Eat sparingly. Summer flowers of *Viola tricolor* (wild pansy) are also edible (pictured right)

### Growing guide

Easy!

### Average time to harvest

From 12 months

### Equipment needed

None

### Germination time

Overwinter

### Average plant size

15cm tall, 30cm wide

### Family group to grow with

Miscellaneous

### Seed saving group

5 - (Perennial, can cross-pollinate)

### Key nutritional content

Low calorie complement

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest



Use cloche

2.5cm = 1 inch 30 cm = 1 foot

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# Sweet Violet

Edible Flowers



# Balm, Lemon

Suggested species: *Melissa officinalis* (botanical name)

## Herbs

### PLANT



Sow seed 0.1cm deep in pots and transplant seedlings 45cm apart. Can also dig up and split established plants in spring or autumn. Choose well drained soil in sunny site

### GROW



Pinch out growing tips to encourage bushy plants. Cut back after flowering for new growth and prevent stems becoming woody. Leaves die back to soil level in winter

### EAT



Pick strongly lemon scented leaves before flowers open for use fresh or drying. Flowers are also edible with sweet lemon flavour. Will crop year after year

### Growing guide

Easy!

### Average growing period

From 12 weeks

### Equipment needed

None

### Germination time

7-14 days

### Average plant size

Up to 75cm tall, 45cm wide

### Family group to grow with

Lamiaceae: mint, thyme

### Seed saving group

I - (Perennial, self-pollinating)

### Key nutritional content

Fresh addition to recipes

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest



Use cloche

2.5cm = 1 inch 30 cm = 1 foot

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# Balm, Lemon

Herbs



# Basil

Suggested species: *Ocimum basilicum* (botanical name)

## Herbs

### PLANT



Sow seed 0.1cm deep in pots. Keep seedlings well ventilated and not too wet. Transplant 30cm apart when 5-10cm tall. Choose fertile soil in sunny sheltered site

### GROW



Keep well watered. Regularly pinch out growing tips to encourage bushy plants and delay flowering. Can grow in greenhouses or on a windowsill year round

### EAT



Pick young leaves for use fresh or store by freezing, drying, or infusing flavour by submerging leaves in olive oil. Purple leaved varieties have less intense flavour

### Growing guide

Give it a go...

### Average growing period

From 12 weeks

### Equipment needed

None

### Germination time

5-10 days

### Average plant size

45cm tall, 30cm wide

### Family group to grow with

Lamiaceae: lemon balm, sage

### Seed saving group

I - Annual, self-pollinating

### Key nutritional content

Fresh: calcium, iron, vit. A, vit. C

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest



Use cloche

2.5cm = 1 inch 30 cm = 1 foot

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# Basil





# Bay

Suggested species: *Laurus nobilis* (botanical name)

## Herbs

### PLANT



Plant bought bay or 'rooted cuttings' taken in summer. Can also sow seed in autumn (rub first with sand to speed up germination). Choose well drained soil in sunny sheltered site

### GROW



Keep well watered until established. Pinch out growing tips to encourage bushy plants. Shorten stems for desired shape and size. Will crop year after year

### EAT



Pick leaves year round for use fresh or in summer for drying. In very cold areas, protect with horticultural fleece over winter or move container grown plants indoors

### Growing guide

Easy!

### Average growing period

4 wks (bought); 24 months (seed)

### Equipment needed

Horticultural fleece

### Germination time

5-12 months

### Average plant size

Up to 5m tall, 3m wide

### Family group to grow with

Miscellaneous

### Seed saving group

5 - Specialist or not applicable

### Key nutritional content

Dried: calcium, iron, zinc, vit. A

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest



Use cloche

2.5cm = 1 inch 30 cm = 1 foot

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# Bay



# Chervil

Suggested species: *Anthriscus cerefolium* (botanical name)

## Herbs

### PLANT



Regularly sow seed 0.1cm deep in rows, thinning seedlings to 20cm apart. Plants dislike being transplanted. Choose well drained fertile soil in partial shade

### GROW



Water well in dry weather to help avoid plants flowering prematurely ('bolting'). Cover summer sown plants with horticultural fleece in autumn for later harvest

### EAT



Pick leaves before flowers open and when stems are about 10cm tall, usually used fresh or stored by freezing. Can crop throughout winter

### Growing guide

Easy!

### Average growing period

6-8 weeks

### Equipment needed

Horticultural fleece

### Germination time

7-14 days

### Average plant size

60cm tall, 30cm wide

### Family group to grow with

Apiaceae: dill, fennel

### Seed saving group

2 - Annual, can cross-pollinate

### Key nutritional content

Dried: calcium, iron, zinc

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest



Use cloche

2.5cm = 1 inch 30 cm = 1 foot

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# Chervil

Herbs



# Chives

Suggested species: *Allium schoenoprasum* (botanical name)

## Herbs

### PLANT



**Sow seed 0.5cm deep and thin or transplant seedlings to 25cm apart. Can also dig up and split established plants in autumn. Choose rich moist soil in sunny site**

### GROW



**Water well in dry weather. Remove flowering stems to increase leaf production (unless growing for flowers). Leaves die back to soil level in winter**

### EAT



**Cut leaves to use fresh or for freezing from when plants are 15cm tall, leaving 5cm of stem to regrow. Will crop year after year. Flowers are also edible**

### Growing guide

Easy!

### Average growing period

From 12 weeks

### Equipment needed

None

### Germination time

10-20 days

### Average plant size

30cm tall and wide

### Family group to grow with

Alliaceae: onion, shallot

### Seed saving group

2 - (Perennial, can cross-pollinate)

### Key nutritional content

Fresh: vit. A, vit. C, calcium

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

Sow indoors

Sow outdoors

Plant out/transplant

Harvest



Use cloche

2.5cm = 1 inch 30 cm = 1 foot

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# Chives



# Coriander

Suggested species: *Coriandrum sativum* (botanical name)

## Herbs

### PLANT



Regularly sow seed 0.5cm deep. Thin seedlings to 5cm apart for leaf crops or 20cm for seeds. Plants dislike being transplanted. Choose well drained soil in sunny site

### GROW



Young broad leaves can have unpleasant smell (avoid growing indoors). Scent can repel aphids and carrot root fly. Stake flowering stems for support

### EAT



Pick young leaves before flowering for use fresh when about 10cm long. Gather aromatic seeds after seedheads ripen in summer (ripening can be sudden)

### Growing guide

Give it a go...

### Average growing period

8 weeks (leaf); 16 weeks (seed)

### Equipment needed

Stakes

### Germination time

7-21 days

### Average plant size

60cm tall, 20cm wide

### Family group to grow with

Apiaceae: chervil, dill

### Seed saving group

2 - Annual, can cross-pollinate

### Key nutritional content

Fresh leaf: vit. C, vit. A, calcium, iron

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest



Use cloche

2.5cm = 1 inch 30 cm = 1 foot

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# Coriander





# Dill

Suggested species: *Anethum graveolens* (botanical name)

## Herbs

### PLANT



Regularly sow seed 0.1cm deep in rows, thinning seedlings to 25cm apart. Plants dislike being transplanted. Choose moist fertile soil in sunny site

### GROW



Water in dry weather to help avoid plants flowering prematurely ('bolting'). Feed in summer. Don't plant near fennel as may cross-pollinate (offspring lose distinct flavour)

### EAT



Pick young leaves for use fresh or drying, cutting back taller plants to 30cm tall. Gather aromatic seeds as they ripen in summer (seedheads turn brown)

### Growing guide

Easy!

### Average growing period

From 8 weeks

### Equipment needed

Feed

### Germination time

7-21 days

### Average plant size

Up to 150cm tall, 30cm wide

### Family group to grow with

Apiaceae: coriander, parsley

### Seed saving group

2 - Annual, can cross-pollinate

### Key nutritional content

Fresh: calcium, vit. A, vit. C, iron folate

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest



Use cloche

2.5cm = 1 inch 30 cm = 1 foot

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# Dill



# Fennel

Suggested species: *Foeniculum vulgare* (botanical name)

## Herbs

### PLANT



**Sow seed 0.1cm deep. Thin or transplant seedlings to 25cm apart. Can also dig up and split established clumps in spring. Choose well drained fertile soil in sunny site**

### GROW



**Stake flowering stems for support. Cut back after flowering to encourage more growth. Don't plant near dill as may cross-pollinate (offspring lose distinct flavour)**

### EAT



**Pick young leaves before flowering for use fresh or freezing. Pick flowers as they open and gather aromatic seeds as they ripen in summer (seedheads turn brown)**

### Growing guide

Give it a go...

### Average growing period

12 weeks (leaf); 16 weeks (seed)

### Equipment needed

Stakes

### Germination time

7-10 days

### Average plant size

Up to 150cm, 45cm wide

### Family group to grow with

Apiaceae: coriander, parsley

### Seed saving group

4 - Biennial, needs isolation

### Key nutritional content

Boiled: folate. Raw bulb: vit. C

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

Sow indoors

Sow outdoors

Plant out/transplant

Harvest

Use cloche

2.5cm = 1 inch 30 cm = 1 foot

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# Fennel



# Marjoram

Suggested species: *Origanum vulgare* (botanical name)

## Herbs

### PLANT



Sow seed on soil surface in pots and transplant seedlings to 25cm apart. Can also dig up and split established clumps in spring. Choose well drained soil in sunny site

### GROW



Water until established. Remove growing tips to encourage bushy plants and cut back stems to 5cm in late summer to prompt new leaves for winter protection

### EAT



Pick leaves before flower buds open for using fresh or for drying or freezing. Will keep mat of leaves over winter (evergreen). Plants crop year after year

### Growing guide

Give it a go...

### Average growing period

From 16 weeks

### Equipment needed

None

### Germination time

10-20 days

### Average plant size

45cm tall and wide

### Family group to grow with

Lamiaceae: mint, sage

### Seed saving group

2 - (Perennial, can cross-pollinate)

### Key nutritional content

Dried: calcium, iron, zinc, vit.A

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

Sow indoors

Sow outdoors

Plant out/transplant

Harvest



Use cloche

2.5cm = 1 inch 30 cm = 1 foot

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# Marjoram

Herbs



# Mint

Suggested species: *Mentha x piperita* (peppermint); *Mentha spicata* (spearmint)

## Herbs

### PLANT



Plant bought mint or insert 'root cuttings' 3cm deep in pots, ie dig up established plants and cut away 5cm long roots. Choose well drained fertile soil in sunny site

### GROW



Grow in pots to confine plant spread (or sink large bottomless pot into soil with 4cm lip). Cut back to encourage fresh growth. Dig up and split plants every three years

### EAT



Pick leaves before flowering for use fresh or to dry or freeze. Don't plant different mints together as flavours can mix. Will crop year after year

### Growing guide

Easy!

### Average growing period

12 weeks from cuttings

### Equipment needed

Large pot

### Germination time

Cuttings sprout in 2 weeks

### Average plant size

60cm tall; width indefinite

### Family group to grow with

Lamiaceae: basil, sage

### Seed saving group

5 - Specialist or not applicable

### Key nutritional content

Fresh: calcium, iron, folate, vit. C, vit. A

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest



Use cloche

2.5cm = 1 inch 30 cm = 1 foot

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# Mint





# Parsley

Suggested species: *Petroselinum crispum* (botanical name)

## Herbs

### PLANT



Sow seed 0.1cm deep in pots. Transplant seedlings when 5-10cm tall to 15cm apart in rows or larger pots. Choose deep fertile soil in sun or partial shade

### GROW



Protect from slugs. Keep well watered in dry weather and feed regularly with an organic fertiliser. Remove any flower heads that appear

### EAT



Pick leaves in the plant's first year before flowering; use fresh or freeze. Extend harvest by covering with horticultural fleece in autumn

### Growing guide

Give it a go...

### Average growing period

From 10 weeks

### Equipment needed

Feed, horticultural fleece

### Germination time

14-28 days

### Average plant size

40cm tall, 30cm wide

### Family group to grow with



Apiaceae: coriander, dill

### Seed saving group

4 - Biennial, needs isolation

### Key nutritional content

Fresh: calcium, vit. A, vit. C, iron, folate


Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D
									 		

Sow indoors

Sow outdoors

Plant out/transplant

Harvest

 Use cloche

2.5cm = 1 inch 30 cm = 1 foot

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# Parsley



# Rosemary

Suggested species: *Rosmarinus officinalis* (botanical name)

Herbs

PLANT



Plant bought rosemary or 'rooted cuttings' taken in summer (7cm long shoots). Can also sow seed in spring. Choose well drained soil in sunny sheltered site

GROW



Keep watered until established. Pinch out growing tips to encourage bushy plants. Remove frost damaged growth. Will crop year after year

EAT



Pick leaves for use fresh. In very cold areas, protect with horticultural fleece over winter or move container grown plants indoors. Flowers are also edible

## Growing guide

Easy!

## Average growing period

4 wks (bought); 24 months (seed)

## Equipment needed

Horticultural fleece

## Germination time

7-14 days

## Average plant size

100cm tall and wide

## Family group to grow with

Lamiaceae: lemon balm, sage

## Seed saving group

5 - Specialist or not applicable

## Key nutritional content

Fresh: calcium, iron, vit. C, vit. A

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest

■ Use cloche

2.5cm = 1 inch 30 cm = 1 foot

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# Rosemary

Herbs



# Sage

Suggested species: *Salvia officinalis* (botanical name)

## Herbs

### PLANT



Sow seed 0.5cm deep in pots and transplant seedlings to 30cm apart. Can also plant bought sage or rooted cuttings. Choose well drained soil in sunny site

### GROW



Keep watered until established. Pinch out growing tips to encourage bushy plants. Will keep leaves through winter (evergreen). Replace plants every few years

### EAT



Pick leaves or use fresh any time or before flowering if drying. Protect one year old plants in colder winters with horticultural fleece or move container grown plants indoors

### Growing guide

Easy!

### Average growing period

From 12 weeks

### Equipment needed

Horticultural fleece

### Germination time

7-14 days

### Average plant size

60cm tall and wide

### Family group to grow with

Lamiaceae: basil, thyme

### Seed saving group

2 - (Perennial, can cross pollinate)

### Key nutritional content

Fresh: calcium, vit. A, zinc

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

Sow indoors

Sow outdoors

Plant out/transplant

Harvest



Use cloche

2.5cm = 1 inch 30 cm = 1 foot

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# Sage



# Sorrel

Suggested species: *Rumex acetosa* (Broad leaved); *Rumex scutatus* (Buckler leaf)

## Herbs

### PLANT



Sow seed 0.1cm deep in pots or rows. Thin or transplant seedlings to 30cm apart. Can also dig up and split established plants in autumn. Choose fertile soil in partial shade

### GROW



Mulch in summer to keep soil cooler in summer (for less bitter leaves). Remove flower spikes to prolong leaf production. Protect with horticultural fleece for winter supply

### EAT



Pick young leaves before flowering for use fresh or freezing. Plants crop year after year. Dig up and split every one to three years for the best leaves

### Growing guide

Easy!

### Average growing period

From 12 weeks

### Equipment needed

Horticultural fleece

### Germination time

10-20 days

### Average plant size

45cm tall, 60cm wide

### Family group to grow with

Miscellaneous

### Seed saving group

2 - (Perennial, can cross-pollinate)

### Key nutritional content

Raw: vitamin C, iron

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D
		■	■	■					🏠	🏠	
				■	■	■	■	■	■	■	■

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest



Use cloche

2.5cm = 1 inch 30 cm = 1 foot

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# Sorrel





# Tarragon

Suggested species: *Artemisia dracunculus* (French); *Artemisia dracunculoides* (Russian)

PLANT



Plant bought French tarragon or use 'rooted cuttings' taken in summer (7cm long shoots). Can only sow seed of Russian tarragon. Choose well drained soil in sunny site

GROW



Cut back shoots to encourage lush growth. Remove flower spikes to prolong leaf production. Protect French tarragon with horticultural fleece in colder winters

EAT



Pick leaves before flowering for use fresh or freezing. Plants crop year after year. Dig up and split every two years to maintain vigour

Growing guide

Give it a go...

Average growing period

From 12 weeks

Equipment needed

Horticultural fleece

Germination time

7-14 days

Average plant size

Up to 90cm, 45cm wide

Family group to grow with

Asteraceae: lettuce, chicory

Seed saving group

5 - Specialist or not applicable

Key nutritional content

Fresh: calcium

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors   
 ■ Sow outdoors   
 ■ Plant out/transplant   
 ■ Harvest   
 Use cloche

2.5cm = 1 inch    30 cm = 1 foot

# Tarragon

Herbs



# Thyme

Suggested species: *Thymus vulgaris* (upright); *Thymus pulegioides* (creeping)

## Herbs

### PLANT



Sow seed on soil surface in pots and transplant seedlings 25cm apart. Can also plant bought thyme or 'rooted cuttings' taken in summer. Choose well drained soil in sunny site

### GROW



Water until established. Cut back shoot tips to encourage more growth and reduce stem length after flowering to avoid plants becoming too woody

### EAT



Pick leaves to use fresh or before flowering for drying, leaving at least 7cm of growth. Plants crop year after year. Will keep mat of leaves over winter (evergreen)

### Growing guide

Easy!

### Average growing period

From 12 weeks

### Equipment needed

None

### Germination time

5-10 days

### Average plant size

Up to 30cm tall and wide

### Family group to grow with

Lamiaceae: mint, sage

### Seed saving group

2 - (Perennial, can cross-pollinate)

### Key nutritional content

Fresh: calcium, zinc, vit. A

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest



Use cloche

2.5cm = 1 inch 30 cm = 1 foot

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# Thyme



# Clover

Suggested species: *Trifolium incarnatum* (crimson), *Trifolium pratense* (red)

## Green Manures

### PLANT



Sow seed at 1-2g/m<sup>2</sup> by scattering on soil surface; rake lightly and tamp down. Grow with fruit or in same area (rotation) as other legume plants (eg beans). Thrives in low fertility soil

### GROW



Usually quick growing. Will fix nitrogen (plant nutrient) in roots, feeding next crop after digging in. Cut back to stimulate new growth before 30cm tall or earlier if weedy

### DIG



Cut or mow before digging in four weeks before soil needed, or overwinter after frost kills leaves. Crimson clover (short term) dies after flowering, unlike longer term red clover

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors    
 ■ Sow outdoors    
 ■ Plant out/transplant    
 ■ Cut down/dig in

### Growing guide

Easy!

### Average growing period

8-12wks (crimson) 12-72 (red)

### Equipment needed

None

### Germination time

5-15 days

### Average plant size

Up to 30cm tall

### Family group

Legumes: beans, peas

### Seed saving group

1 - Annual, self-pollinating

### Key nutritional content

Not eaten

2.5cm = 1 inch    30 cm = 1 foot

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# Clover



# Field beans

Suggested species: *Vicia faba* (botanical name)

## Green Manures

### PLANT



**Sow seed 2cm deep 10cm apart; rows 15cm apart. Grow in same area (rotation) as other legume plants (eg beans). Prefers heavier clay soil**

### GROW



**Establishes quickly. Will fix nitrogen (plant nutrient) in roots, feeding the next crop after digging in. Don't grow to harvest beans as this takes nitrogen away**

### DIG



**Cut down or hoe off leaves before digging in whole plants four weeks before soil needed and before flowering (when plants are about 30-45cm tall)**

### Growing guide

Easy!

### Average growing period

From 20 weeks

### Equipment needed

None

### Germination time

7-14 days

### Average plant size

30-45cm tall, 20cm wide

### Family group

Legumes: beans, peas

### Seed saving group

I - Annual, self-pollinating

### Key nutritional content

Not eaten

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Cut down/dig in

2.5cm = 1 inch 30 cm = 1 foot

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# Field beans





# Hungarian grazing rye

## Green Manures

Suggested species: *Secale cereale* (botanical name)

### PLANT



Sow seed at 18g/m<sup>2</sup> by scattering on soil surface; rake and tamp down. Can also sow in rows 15cm apart. Grow in any area, ie any time during rotation. Suits most soils

### GROW



Grows vigorously. Suppresses weeds. Best at stopping nutrients leaching from soil overwinter. Deep roots also improve drainage in heavier clay soils by breaking up lumps

### DIG



Cut down or mow before flowering (buds form at plant base) or about 45cm tall; then dig in whole plant from April. Can inhibit germination of next crop up to six weeks after digging in

### Growing guide

Easy!

### Average growing period

From 24 weeks

### Equipment needed

None

### Germination time

7-14 days

### Average plant size

45cm tall, 20cm wide

### Family group

Miscellaneous

### Seed saving group

I - Annual, self-pollinating

### Key nutritional content

Not eaten

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Cut down/dig in

2.5cm = 1 inch 30 cm = 1 foot

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# Hungarian grazing rye



# Mustard

Suggested species: *Sinapis alba* (botanical name)

## Green Manures

### PLANT



Sow seeds at 5g/m<sup>2</sup> by scattering on soil surface; rake and tamp down. Can sow in 15cm apart rows. Grow in same area (rotation) as other brassica plants (eg cabbage). Fertile soil best

### GROW



Grows very quickly. Suppresses weeds. Stops nutrients leaching from soil between harvests in warmer months. May not do well in very hot weather

### DIG



Cut down or hoe off leaves as flower buds form or two to four weeks before soil needed (whichever sooner). Dig in whole plants. Can leave overwinter. Frost may kill plants

### Growing guide

Easy!

### Average growing period

4-8 weeks, may overwinter

### Equipment needed

None

### Germination time

7-12 days

### Average plant size

Up to 60cm tall, 20cm wide

### Family group

Brassica: cabbage, broccoli

### Seed saving group

I - Annual, self-pollinating

### Key nutritional content

Not eaten

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Cut down/dig in

2.5cm = 1 inch 30 cm = 1 foot

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# Mustard



# Phacelia

Suggested species: *Phacelia tanacetifolia* (botanical name)

## Green Manures

### PLANT



Sow seed at 1g/m<sup>2</sup> by scattering on soil surface; rake and tamp down. Can also sow in rows 15cm apart. Grow in any area, ie any time during rotation. Suits most soils

### GROW



Establishes quickly. Suppresses weeds. Stops nutrients leaching from soil between harvest in warmer months. Purple flowers attract beneficial insects

### DIG



Cut down or mow before digging in four weeks before soil needed and before plants set seed. Can leave overwinter after frost kills leaves. Frost may kill plants

### Growing guide

Easy!

### Average growing period

4-12 weeks; may overwinter

### Equipment needed

None

### Germination time

7-12 days

### Average plant size

Up to 30cm tall, 20cm wide

### Family group

Miscellaneous

### Seed saving group

I - Annual, self-pollinating

### Key nutritional content

Not eaten

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Cut down/dig in

2.5cm = 1 inch 30 cm = 1 foot

# Phacelia



# Winter tares (Vetch)

Suggested species: *Vicia sativa* (botanical name)

PLANT



Sow seed at 16g/m<sup>2</sup> by scattering on soil surface; rake and tamp down. Grow in same area (rotation) as other legume plants (eg beans). Avoid acid and dry soils

GROW



Establishes quickly. Suppresses weeds. Rapidly fixes nitrogen (plant nutrient) in roots, feeding the next crop after digging in. Grow with Hungarian grazing rye for best winter soil care

DIG



Cut down or hoe off leaves before digging in whole plants four weeks before soil needed and/or before flowering. Can inhibit germination of next crop up to six weeks after digging in

Growing guide

Easy!

Average growing period

8-12 weeks or overwinter

Equipment needed

None

Germination time

7-14 days

Average plant size

50cm tall, 20cm wide

Family group

Legumes: beans, peas

Seed saving group

1 - Annual, self-pollinating

Key nutritional content

Not eaten

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

Sow indoors
  Sow outdoors
  Plant out/transplant
  Cut down/dig in

2.5cm = 1 inch 30 cm = 1 foot

# Winter tares (Vetch)

Green Manures





# Glossary *(seed to young plant)*

## **Sowing**

Planting seed in a pot or row and giving it the right conditions to germinate (start growing)

## **Sow regularly**

Sowing at different times so crops mature in 'succession', extending the harvest, eg sow carrots every two to three weeks from February to June

## **Pots**

Receptacle to grow plants

## **Tray**

Receptacle to grow plants

## **Pot on/re-pot**

Moving plants into larger pots or trays to give them more space to continue growing

## **Row**

Lines in the soil for sowing seeds or transplanting. Seeds are sown in narrow channels at the right depth for the seed, called a 'drill'

## **Seedbed**

Area of soil for sowing seed. After thinning in situ, young plants are transplanted at final spacing, eg leeks

## **Harden off**

Acclimatising plants to a new growing environment, eg moving plants from a greenhouse to a sheltered place outdoors during the day and returning at night. Repeat for two weeks, gradually leaving plants outside all the time, eg before planting

## **Planting/transplanting**

Putting something in the soil, eg tuber, fruit bush. Includes moving plants from one location to another, usually where they can grow to maturity, eg from a pot or seedbed into the soil or container

## **Thinning**

Removing crowded seedlings to give room for remainder to grow on. In rows, thin alternate plants in stages until final spacing. In pots, remove weakest seedlings

## **Taking cuttings**

Removing pieces of plant to use for increasing numbers, eg stems

# Glossary (seed to young plant)



# Glossary *(caring for plants)*

## Weeding

Removing plants growing where you don't want them and that can otherwise take nutrients, water, space and light from crops, reducing harvests

## Earthing up

Pulling soil around the base of the plants and stems to encourage rooting, blanch stems and prevent wind-rock (destabilisation of roots)

## Pinching out

Removing the growing tip of a plant shoot, ie where new leaves are produced. Useful for stopping growth, removing pest populations and prompting bushy growth with multiple stems

## Blanching

Excluding light from growth to produce tender, usually less bitter and pale coloured growth, eg celery

## Forcing

Inducing plant growth by changing growing conditions, eg rhubarb under pots for early stems and Witloof chicory indoors for early leaves

## Mulching

Laying material over the soil surface to conserve moisture, suppress weeds and insulate roots, eg 2-5cm of compost or well-rotted manure around fruit trees, vegetables, etc

## Compost

Material from decomposed organic materials, eg plant remains. Used for potting and improving soil

## Feeding

Supplying plant nutrients for healthy and vigorous growth, eg adding compost. Can also add 'concentrated' fertilisers, eg organic tomato feed

## Established

When plants have grown roots and top growth after sowing/transplanting and are less dependent on care

# Glossary (caring for plants)



# Glossary *(caring for plants)*

## **Pruning**

Cutting off or shortening unwanted growth, eg removing diseased material, reducing length of side shoots and encouraging fruiting stems/canes

## **Greenhouse/polytunnel**

Protected growing environment for plants. Greenhouses have glass or plastic glazing over a framework; polytunnels have plastic sheet covering over steel hoops

## **Horticultural fleece**

Light fabric for protecting plants against frost and some pests by providing a physical barrier. Available in different grades

## **Fruiting stems**

Growth that bears fruits, eg blackberry plants fruit on one-year-old wood. This is pruned to soil level after fruiting in its second year. Meanwhile, the plant produces new one-year-wood that fruits the year afterwards, and so on

## **Humidity**

Amount of water vapour in the air. Important to increase for some crops by spraying water over the floor which then evaporates, eg for sweet potato and tomatoes growing in a greenhouse or polytunnel

## **Cloche**

Portable structure for protecting plants from cold weather, advancing growth and warming up the soil. Useful for early and late season sowing. Made from glass or plastic covering over a framework or steel hoop tunnel

# Glossary *(caring for plants)*



# Glossary *(plant parts)*

## **Herb**

Plants grown for their medicinal, culinary and/or aromatic qualities

## **Green manure**

Plants grown to improve soil, add nutrients and suppress weeds. They are cut down and dug into soil before the space is needed for a crop

## **Spur (fruit context)**

A short stem that flowers and produces fruit, eg on apple trees

## **Cane (fruit context)**

Fruiting stem, eg raspberry

## **Side shoot**

Growth arising from a plant stem. Also known as 'laterals'

## **Fruit**

Mature ovary of a plant, eg apples with seeds, but classification often reflects longstanding associations, eg rhubarb is a vegetable known as a fruit; pumpkin is a fruit known as a vegetable

## **Edible flower**

Edible blossom of certain plants (always check)

## **Tuber**

Swollen underground food storage organ, eg potato

## **Head**

Dense group of flowers (eg cauliflower) or inner compact leaves (eg cabbage). Latter also known as 'hearts'

## **Bolting**

To produce flowers prematurely, usually leafy crops; resistant varieties available

## **Vegetable**

Edible plant part that isn't the fruit, ie 'vegetative'/non-flowering, eg roots like carrots, stems like celery

## **Long term crop/perennial**

Plants that live for more than three years, eg asparagus, fruit bushes, etc

## **Rootstock**

Plant used to supply roots for chosen variety, eg 'Golden Delicious' on 'M26'

## **Bud**

Immature/condensed shoots containing leaves or flowers ready to grow

## **Bulb**

Compressed leaves acting as a storage organ for a developing plant, eg onion

## **Sets**

Small bulbs planted for an earlier crop, eg shallot

# Glossary (plant parts)





# Swede

Suggested varieties: *Helenor, Marian, Willhemsburger*

## Vegetable

### PLANT



Regularly sow seed 1cm deep in rows 30-40cm apart. Thin seedlings in several stages to 20cm. Choose fertile moist soil in sunny site

### GROW



Remove weeds by hand. Water in dry weather to prevent roots becoming woody. Roots may also 'split' if left dry for too long and then watered

### EAT



Dig up as required when roots are 10-15cm in diameter. Harvest remainder by December as roots become woody if left; can store inside over winter in trays in a cool place

### Growing guide

Easy!

### Average time to harvest

20-26 weeks

### Equipment needed

None

### Germination time

6-10 days

### Average plant size

25cm tall, 30cm wide

### Family group to grow with

*Brassica: cauliflower, turnip*

### Seed saving group

4 - Biennial, needs isolation

### Key nutritional content

Vitamin C

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest



Use cloche

2.5cm = 1 inch 30 cm = 1 foot

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# Swede

Vegetable



# Sweetcorn

Suggested varieties: *Double Standard, Sweetie, Sweet Nugget F1*

Vegetable

PLANT



**Sow seed in pots 1.5cm deep. Harden off and transplant 30-45cm apart in blocks of at least four plants for good wind pollination. Choose fertile soil in sunny sheltered site**

GROW



**Avoid damaging shallow roots when weeding. Mulch to conserve moisture. Water in dry weather after flowering starts and cobs swell. Feed with an organic fertiliser**

EAT



**Press thumbnail in a grain after 'silks' turn brown - milky juice means it is ripe. Twist off cob. Serve quickly as sweetness diminishes. Plants have one to two 15-20cm long cobs each**

## Growing guide

Give it a go...

## Average time to harvest

12-15 weeks

## Equipment needed

Mulch (eg compost)

## Germination time

10-12 days

## Average plant size

120-180cm tall, 45cm wide

## Family group to grow with

Miscellaneous

## Seed saving group

2 - Annual, can cross-pollinate

## Key nutritional content

Folate and vitamin C

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest



Use cloche

2.5cm = 1 inch 30 cm = 1 foot

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# Sweetcorn

Vegetable



# Sweet potato

Suggested varieties: *Beauregard Improved*, *Sweet Potato T65*

Vegetable

PLANT



Plant rooted cuttings (bought 'slips') 30cm apart, burying half of the stem in 20cm high mounds in fertile soil in a greenhouse. Can also plant tubers or sow seed

GROW



Mulch to conserve moisture. Water well and feed. Ventilate greenhouse and spray floor with water to keep air humid. Pinch out growing tip of trailing stems from 60cm

EAT



Carefully dig up tubers when leaves are turning yellow. Dry ('cure') in the sun for 4-7 days before storing at 10-15°C. Green leaves may be eaten like spinach

## Growing guide

Trickier

## Average time to harvest

12-16 weeks

## Equipment needed

Mulch (eg compost)

## Germination time

Shoots grow in 10-20 days

## Average plant size

60-200cm long stems

## Family group to grow with

Miscellaneous

## Seed saving group

5 - Specialist or not applicable

## Key nutritional content

Vitamin A and vitamin C

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest



Use cloche

2.5cm = 1 inch 30 cm = 1 foot

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# Sweet potato

Vegetable



# Tomato, Indoor

Vegetable

Suggested varieties: *Yellow Pear (small)*; *Alicante, Ailsa Craig (medium)*

PLANT



**Sow seed 0.1 cm deep in pots. Repot if needed. Transplant into large pots when first flowers open. Choose tall single stem ('cordon') or bush varieties**

GROW



**Keep soil moist. Use tomato feed. Tie main stem to a stake. Remove side shoots from cordons (not bushes) and yellowing leaves. Ventilate greenhouse**

EAT



**Remove growing tip after seven 'trusses' set or when plants reach top of greenhouse (cut two leaves above the top truss). Pick when fully coloured**

## Growing guide

Give it a go...

## Average time to harvest

12-16 weeks

## Equipment needed

Stakes, twine, feed

## Germination time

8-11 days

## Average plant size

30-150cm tall, 30cm wide

## Family group to grow with

*Solanaceae: aubergine, potato*

## Seed saving group

1 - Annual, self-pollinating

## Key nutritional content

Vitamin C and vitamin A

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

Sow indoors

Sow outdoors

Plant out/transplant

Harvest



Use cloche

2.5cm = 1 inch 30 cm = 1 foot

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# Tomato, Indoor

Vegetable





# Tomato, Outdoor

Vegetable

Suggested varieties: *Gardener's Delight* (small); *Tigerella* (medium)

PLANT



**Sow seed 0.1 cm deep in pots. Repot if needed. Harden off and transplant 30-45cm apart when first flowers open. Choose fertile soil and sunny sheltered site**

GROW



**Keep soil moist. Use tomato feed. Tie main stem to a stake. Remove side shoots from cordons (not bushes). Cut off yellowing leaves and those shading lower 'trusses' of fruit**

EAT



**Remove growing tip after four trusses set. Pick when fully coloured. Ripen green tomatoes at end of season indoors or protect plants from frost with horticultural fleece**

## Growing guide

Give it a go...

## Average time to harvest

16-20 weeks

## Equipment needed

Stakes, twine, feed

## Germination time

8-11 days

## Average plant size

30-150cm tall, 30cm wide

## Family group to grow with

*Solanaceae*: aubergine, potato

## Seed saving group

I - Annual, self-pollinating

## Key nutritional content

Vitamin C and vitamin A

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D
				↑				↑			
				↑				↑			

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest

↑ Use cloche

2.5cm = 1 inch 30 cm = 1 foot

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# Tomato, Outdoor

Vegetable



# Turnip

Suggested varieties: *Purple Top Milan* (early), *Golden Ball* (maincrop)

## Vegetable

### PLANT



Regularly sow seed 1cm deep in rows 15-20cm apart. Thin spring sown seedlings to 10cm; 15cm for summer sown maincrop varieties. Choose fertile moist soil

### GROW



Remove weeds by hand. Water well in dry weather for tenderness and to avoid early flowering ('bolting'). Roots may also 'split' if left dry for too long and then watered

### EAT



Pull up as needed; early sown from golfball size and maincrop when larger but before becoming woody. Can also cut 15cm tall young leaves (plants regrow many times)

### Growing guide

Easy!

### Average time to harvest

6 weeks (early); 12 (maincrop)

### Equipment needed

None

### Germination time

6-10 days

### Average plant size

20cm tall, 20cm wide

### Family group to grow with

*Brassica: cabbage, kohlrabi*

### Seed saving group

4 - Biennial, needs isolation

### Key nutritional content

Vitamin C

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D
		▲	▲	▲	▲	▲	▲				
		▲			▲	▲	▲	▲	▲	▲	▲

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest



Use cloche

2.5cm = 1 inch 30 cm = 1 foot

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# Turnip

Vegetable



# Apple

Suggested varieties: *Bright future, James Grieves, Winter Gem (dessert); Bountiful (culinary)*

## Fruit

### PLANT



Plant single stem or part-trained trees. Choose tree on suitable 'rootstock', eg dwarf growing 'M27', larger 'MM106', etc. Choose well drained fertile soil in sunny sheltered site

### GROW



Stake, water, mulch. Train as 'bush' with open centre (shorten main stems and side shoots) or on wire framework, eg 'cordon' and 'espalier' (tie in main stems; shorten side shoots)

### EAT



Pick when breaks away easily from fruiting wood ('spurs' and 'stem tips'). Grow varieties that flower together for fruit set, ie same 'pollination group'

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest



Use cloche

### Growing guide

Give it a go...

### Average time to harvest

From 18 months

### Equipment needed

Stakes, mulch (eg compost)

### When to prune

Winter (bush); summer (fl/work)

### Average plant size

200-600cm tall and wide

### Family group to grow with

Rosaceae: pear, blackberry

### Seed saving group

5 - Specialist or not applicable

### Key nutritional content

Vitamin C

2.5cm = 1 inch 30 cm = 1 foot

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# Apple

Fruit



# Blackberry and Hybrid Berry

**Fruit**

Suggested varieties: *Merton Thornless* (blackberry); *Loganberry* (hybrid)

**PLANT**



**Plant pot grown or bare root canes (30cm tall woody stems). Space plants 250-400cm apart. Choose well drained soil in sunny sheltered site**

**GROW**



**Water, mulch. Tie canes to horizontal wires. Train 'fruiting' and new 'non-fruiting' canes in opposite directions for ease of picking and pruning**

**EAT**



**Pick when fully coloured. Cut fruited canes to soil level. Leave non-fruiting canes (ie grown in current season) to fruit next year after overwintering**

## Growing guide

Give it a go...

## Average time to harvest

From 18 months

## Equipment needed

Stakes, wire, twine, mulch

## When to prune

Autumn

## Average plant size

180cm tall; 45cm wide

## Family group to grow with

Rosaceae: raspberry, plum

## Seed saving group

5 - Specialist or not applicable

## Key nutritional content

Vitamin C, fibre

Spring Term			Summer Term					Autumn/Winter Term			
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest



Use cloche

2.5cm = 1 inch 30 cm = 1 foot

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# Blackberry and Hybrid Berry





# Blackcurrant

Suggested varieties: *Ben Alder, Ben Nevis, Red Connan*

**Fruit**

**PLANT**



**Plant certified disease free bushes 150cm apart. Position 5cm lower than original soil level; then cut all stems to 3cm. Choose fertile moist soil in sunny sheltered site**

**GROW**



**Water, mulch. Cut quarter of older stems to 3cm every year to stimulate new growth (fruiting is best on one and two year old wood). Remove weak and crowded stems**

**EAT**



**Pick when fully coloured and ripe, but still firm. Remove whole trusses ('strigs') rather than individual fruit. Cover plants with netting to protect from birds**

## Growing guide

Give it a go...

## Average time to harvest

From 18 months

## Equipment needed

Mulch (eg compost)

## When to prune

Winter

## Average plant size

Up to 150cm tall and wide

## Family group to grow with

Grossulariaceae: whitecurrant

## Seed saving group

5 - Specialist or not applicable

## Key nutritional content

Vitamin C, fibre

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest



Use cloche

2.5cm = 1 inch 30 cm = 1 foot

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# Blackcurrant

Fruit



# Blueberry

Suggested varieties: *Berkeley, Bluecrop, Coville*

**Fruit**

**PLANT**



**Plant pot grown bushes 150cm apart. Cut all stems to 3cm to encourage new vigorous growth. Choose well drained acid soil in sunny or part shaded, sheltered site**

**GROW**



**Water (ideally rainwater) and mulch with acidic material (eg old pine needles). After three years, cut down one or two older, less productive stems to soil level every year**

**EAT**



**Pick when fully coloured. Gently pull from bush. Bushes are self fertile, but planting more than one variety gives better pollination and heavier crops**

## Growing guide

Give it a go...

## Average time to harvest

From 18 months

## Equipment needed

Feed, mulch (eg compost)

## When to prune

Winter or early spring

## Average plant size

Up to 150cm tall and wide

## Family group to grow with

Miscellaneous

## Seed saving group

5 - Specialist or not applicable

## Key nutritional content

Vitamin C

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest



Use cloche

2.5cm = 1 inch 30 cm = 1 foot

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# Blueberry

Fruit



# Gooseberry

Suggested varieties: *Greenfinch, Martlett*

**Fruit**

**PLANT**



**Plant pot grown or bare root bushes with at least four evenly spaced stems. Space 100-150cm apart. Choose well drained soil in sunny or part shaded, sheltered site**

**GROW**



**Water, mulch, feed. Reduce length of main stems by half in second year and thereafter shorten longer side shoots. Can also train as 'fan' shape or 'cordon'**

**EAT**



**Thin alternate fruits when 1cm long, leaving others to grow on. Pick when fully coloured with a short stalk (the skin can tear otherwise). Plants are self-fertile**

## Growing guide

Give it a go...

## Average time to harvest

From 18 months

## Equipment needed

Feed, mulch (eg compost)

## When to prune

Winter or early spring

## Average plant size

100cm tall and wide

## Family group to grow with

Grossulariaceae: blackcurrant

## Seed saving group

5 - Specialist or not applicable

## Key nutritional content

Vitamin C

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest



Use cloche

2.5cm = 1 inch 30 cm = 1 foot

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# Gooseberry

Fruit



# Grape, Dessert

**Fruit**

Suggested varieties (seedless): *Candadice* (red), *Castelmorris* (white), *Glenora* (black)

**PLANT**



Plant vines outdoors. Train growth into greenhouse for more reliable cropping. Then train permanent main stem (taller every year). Choose well drained soil in sunny site

**GROW**



Water, mulch. Tie 'fruiting' side shoots from main stem on horizontal wires 30cm apart; remove growing tip five leaves beyond each bunch. 'Thin' berries in growing bunches

**EAT**



Pick when ripe (berries become translucent). Remove bunch with 10cm of stem as handle. Cut fruited side shoots back to main stem (to one bud on woody spurs)

## Growing guide

Trickier

## Average time to harvest

From 36 months

## Equipment needed

Wire, twine, mulch (eg compost)

## When to prune

Late winter

## Average plant size

200cm tall, 120cm wide

## Family group to grow with

Miscellaneous

## Seed saving group

5 - Specialist or not applicable

## Key nutritional content

Vitamin C for children

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest



Use cloche

2.5cm = 1 inch 30 cm = 1 foot

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# Grape, Dessert





# Melon

Suggested varieties: *Honeydew Green Flesh, Troubadour, Sugar Baby, Sweetheart FI*

**Fruit**

**PLANT**



**Sow seed in pots, 1.5cm deep on their side. Transplant seedlings 90cm apart in a greenhouse or cold frame. Choose fertile moist soil and sunny sheltered site**

**GROW**



**Water, feed. Tie shoots to wires or let trail. Remove growing tip of main shoot when 100cm long and tip of side shoots after five leaves; fruit forms on subsequent side shoots**

**EAT**



**Rub female flowers with male to pollinate (latter with thin stalk). One melon per shoot (remove tip two leaves after fruit). Place fruit on tile or hang in netting. Cut melons when ripe**

## Growing guide

Trickier

## Average time to harvest

From 16 weeks

## Equipment needed

Feed, netting, tile

## Germination time

5-8 days

## Average plant size

100cm tall and wide

## Family group to grow with

Curcubits: cucumber, pumpkin

## Seed saving group

2 - Annual, can cross-pollinate

## Key nutritional content

Vitamin C

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

Sow indoors

Sow outdoors

Plant out/transplant

Harvest



Use cloche

2.5cm = 1 inch 30 cm = 1 foot

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# Melon

Fruit



# Pear

Suggested varieties: *Beurre Hardy, Concorde, Louise Bonne of Jersey*

**Fruit**

**PLANT**



Plant single stem or part-trained trees on suitable 'rootstock', eg dwarf 'Quince C' or larger 'Quince A'. Choose well drained fertile soil in warm, sunny sheltered site

**GROW**



Stake, water, mulch. Train as 'pyramid shape' (evenly spaced stems; shorten shoots) or on wire framework, eg 'espalier' (tie in main stems; shorten side shoots)

**EAT**



Pick when firm, leaving to fully ripen off tree. Grow varieties that flower together for fruit set, ie 'pollination groups'. Protect early flowers from frost with horticultural fleece

## Growing guide

Give it a go...

## Average time to harvest

From 24 months

## Equipment needed

Stakes, mulch (eg compost), fleece

## When to prune

Summer

## Average plant size

200-300cm tall and wide

## Family group to grow with

Rosaceae: apple, blackberry

## Seed saving group

5 - Specialist or not applicable

## Key nutritional content

Vitamin C

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest



Use cloche

2.5cm = 1 inch 30 cm = 1 foot

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# Pear

Fruit

