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Grow Your Own Veg Planting Calendar



There's nothing like eating food that you've grown yourself. Homegrown harvests taste that much better because you know what's gone into growing them. Research suggests they're better for us too because they're fresher and so have the potential to be more nutritious. To get a handle on what to grow throughout the year, this planting calendar will show you what to grow, when to sow, and when to harvest. This easy-to-follow guide will help you get your crops in the ground at the right time, so you can enjoy them in your favourite dishes. You can find top tips on how to grow like a pro on the Cultivation Street website, but make sure to follow the instructions on your feed packets as some timings may vary depending on the cultivar.



To help boost your crops, check out www.lovethegarden.com to see the huge range of compost, feeds and treatment products to help grow your garden to its full potential.



Growing Key:

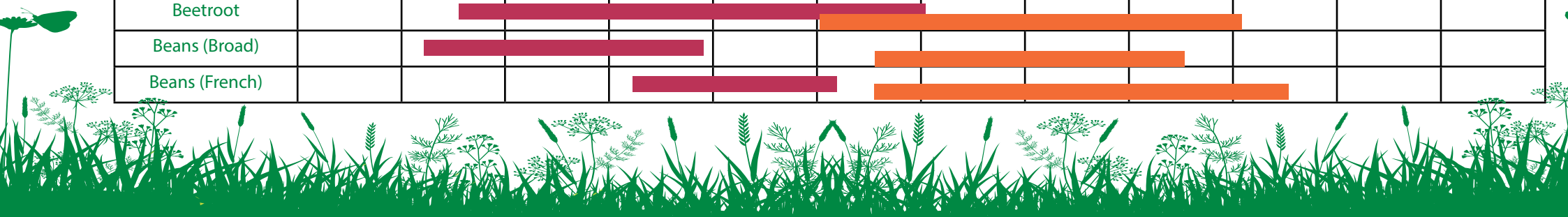
Sow indoors

Sow outdoors

Plant out

Harvest

| | January | February | March | April | May | June | July | August | September | October | November | December |
|-----------------------|--------------------|---------------------|---------------------|---------------------|---------------------|---------------------|------------------|------------------|------------------|------------------|------------------|------------------|
| Artichoke (Globe) | | Sow indoors | Sow indoors | Sow outdoors | Sow outdoors | Sow outdoors | Plant out | Plant out | Plant out | Harvest | | |
| Artichoke (Jerusalem) | Harvest | Sow outdoors | Sow outdoors | Sow outdoors | | | | | | Harvest | Harvest | |
| Asparagus | | Sow outdoors | Sow outdoors | Sow outdoors | Sow outdoors | Sow outdoors | Plant out | Plant out | Plant out | Plant out | Plant out | Plant out |
| Aubergine (indoors) | Sow indoors | Sow indoors | Sow indoors | | | | Plant out | Plant out | Plant out | Plant out | Plant out | Plant out |
| Aubergine (outdoors) | | Sow indoors | | | Sow outdoors | Sow outdoors | Plant out | Plant out | Plant out | Plant out | Plant out | Plant out |
| Beetroot | | Sow outdoors | Sow outdoors | Sow outdoors | Sow outdoors | Sow outdoors | Plant out | Plant out | Plant out | Plant out | Plant out | Plant out |
| Beans (Broad) | | Sow outdoors | Sow outdoors | Sow outdoors | | Plant out | Plant out | Plant out | Plant out | Plant out | Plant out | Plant out |
| Beans (French) | | | | Sow outdoors | Sow outdoors | Sow outdoors | Plant out | Plant out | Plant out | Plant out | Plant out | Plant out |





Growing Key:

Sow indoors

Sow outdoors

Plant out

Harvest

| | January | February | March | April | May | June | July | August | September | October | November | December | |
|----------------------------|-------------|-------------|--------------|-------------|--------------|---------|--------------|--------------|-----------|---------|-------------|----------|--|
| Onions (spring) | | | Sow outdoors | | | | Harvest | | | | | | |
| Pak Choi | | | Sow outdoors | | | | | Harvest | | | | | |
| Parsnip | Harvest | | Sow outdoors | | | | | | | | Harvest | | |
| Peas | | | Sow outdoors | | | | Harvest | | | | | | |
| Pepper | | Sow indoors | | | Plant out | | Harvest | | | | | | |
| Potatoes | | | Plant out | | | Harvest | | | | | | | |
| Pumpkin | | | | | Sow outdoors | | Harvest | | | | | | |
| Radish | | | Sow outdoors | | | Harvest | | | | | | | |
| Rhubarb | | Plant out | | Harvest | | | | | | | | | |
| Rocket/Oriental Salad | | | Sow outdoors | | | | | Harvest | | | | | |
| Shallots | | | Plant out | | | | Harvest | | | | | | |
| Spinach (summer) | | | Sow outdoors | | | Harvest | | | | | | | |
| Spinach (winter) | Harvest | | | | | | | Sow outdoors | | | | | |
| Swede | Harvest | | | | Sow outdoors | | | | | | Harvest | | |
| Sweet Potatoes | | | | | Plant out | | | Harvest | | | | | |
| Sweetcorn | | | | Sow indoors | Plant out | | Harvest | | | | | | |
| Tomatoes (warm greenhouse) | Sow indoors | | Plant out | | | Harvest | | | | | Sow indoors | | |
| Tomatoes (cold greenhouse) | | Sow indoors | | Plant out | | Harvest | | | | | | | |
| Tomatoes (outdoors) | | | Sow indoors | | Plant out | | Harvest | | | | | | |
| Turnips - Early | | | Sow outdoors | | | Harvest | | | | | | | |
| Turnips - Maincrop | | | | | | | Sow outdoors | | | Harvest | | | |

