

	Seed Sowing Instructions
Basil	Sow year-round indoors or outdoors April-May. Sow seeds 0.5cm deep and lightly cover with compost. Keep at 15-20C
Beetroot	Sow March-July in drills 1.5cm deep with 30cm between rows Thin seedlings to leave them 10cm apart Harvest June-October
Broad Bean	Sow February-April. Start early sowings in deep pots indoors. From March and April seeds can be sown direct in to the ground in rows 5cm deep and 10-15cm apart with 60cm between rows.
Broccoli-Sprouting	Sow March to June, thinly in drills 1.5cm deep When large enough to handle transplant seedlings to space 60cm apart in rows 90cm apart Net to protect from Caterpillars and Birds.
Brussel Sprouts	Sow March to May thinly in trays or two seeds per cell in modules under glass at 13C. Later sowings can be made into a seed bed in shallow drills 2cm deep in short rows. Prick out seedlings in to modules or small pots when they show their first pair of leaves. When around 15cm tall plant out in beds 60cm apart and 90cm between rows. Harvest September to December
Cabbage January King	Sow in spring to harvest the following winter. Sow April-June in shallow drills 2cm deep. When large enough to handle thin to leave plants 7-10cm apart. When 15cm tall transplant to final position of 45cm apart with 60cm between rows Cover with netting to protect from caterpillars and Pigeons. Harvest December-March
Cabbage Red Drumhead	Sow March-May (early sowings start off in trays indoors). Sow direct outdoors from April in shallow drills 2cm deep. When large enough to handle thin to leave plants 7-10cm apart. When 15cm tall transplant to final position of 45cm apart with 60cm between rows. Harvest August-October
Cabbage Greyhound	Sow February-July in shallow drills 2cm deep. When large enough to handle thin to leave plants 7-10cm apart then transplant to final position when 15cm tall Plant 30 cm apart. Net to protect from Pigeons and Cabbage White Butterflies.
Carrot	Sow April-July direct in to the soil in drills 2cm deep and rows 30cm apart. Try to sow as thinly as you can to avoid having to pull up seedlings which can attract carrot fly. You want to try to have carrots about 5cm apart. You can pull alternate carrots early and have as baby carrots then leaving the rest to grow on to mature size at the correct spacing. Harvest June-November
Cauliflower	Sow February-May. Start off early sowings in trays under glass, later sowings direct in to the ground in drills 2cm deep. Thin seedlings to 10cm apart then when 15cm tall transplant to final position. For Large heads plant 45cm apart with 60cm between rows For mini Cauliflowers plant at 30cm apart Harvest July to November
Celeriac	Sow: March / April under cover Transplant: May, Row width: 40-45cm Harvest: October / November

Celery Leaf	Sow: Early crop indoors Nov -March. Outdoors March to May Harvest : May to December
Chard	Sow March-July in drills 2cm deep in rows 40cm apart. Thin seedlings to 7cm apart for baby chard or 20cm apart for mature plant. Harvest May-September
Chives	Sow a pinch of seed to a small pot from March to April on a windowsill or greenhouse. Alternatively sow in the veg plot in drills 0.5cm deep
Climbing Bean Barlotto	Sow April to June. Early sowings can be made under glass at a temperature of 16C, sow 3 seeds per 8cm (3in) pot filled with seed sowing compost. Outside sowings can be made from May onwards into the growing site 5cm (2in) deep. Sow 2-3 seeds every 20cm(8in) apart with rows spaced 60cm (24in) apart. Seedlings sown under glass should be gradually hardened off before planting outside in late May to the above spacing, once all risk of frost has past. Provide support by canes or netting for plants to climb. Water regularly during dry weather. Harvest: July to September
Climbing French Bean	Sow April- June. Early sowings should be made in pots in the greenhouse to be planted out at the end of May or direct sow in the ground at the end of May. (Bean plants are frost tender) Space plants about 20cm apart Plants will need tall canes or a trellis to grow up. Water regularly when they get going. Protect young plants from slugs and snails. Once they get away though they won't be bothered by them. Pick beans regularly. If you have too many they freeze really well
Courgette	Sow seed on its edge in April in pots about 9cm diameter. Grow indoors and plant out when any risk of frost has passed. Alternatively sow direct in the veg plot at the end of May Plant 60cm apart. Water regularly, courgettes are thirsty plants with big leaves
Cress	Sow thinly direct into the growing site 1cm deep in rows 30cm apart. For baby cut & come again leaves sow at 15cm between the rows. Early and autumn sowing will benefit from being covered by cloches. When seedlings are large enough to handle thin out to 15cm apart. Water regularly during dry spells. Autumn sowings can be made under cloches or in containers in a cold frame or cold greenhouse for harvesting through the winter months. Harvest: June to November
Cucumber	Sow April to May indoors. Outdoors sow end of May Harvest:June onwards Plant spacing: 30-45cm
Dill	Sow year round indoors or March to June outdoors. Sow thinly in small post of compost or direct into the growing site and cover with a light layer of compost. Thin seedlings to 20cm apart. Plant in full sun and water frequently in summer to prevent from going to seed.
Fennel (herb)	Sow April-May in shallow drills and cover with a light layer of soil or compost. When large enough to handle thin or transplant seedlings to about 30cm apart.
Leek	Sow March-April in shallow drills. Harvest from December onwards (or earlier for baby leeks) Leave in the ground over winter and harvest as required.
Lettuce Mixed	Sow March-July thinly and cover with a light layer of compost of soil. Ideal for starting off in modules or pots early in the year to transplant out or even just growing on the windowsill. Direct sow outdoors from April onwards. For baby leaf/ cut & come again no spacing required. To grow on to maturity space plants 30cm apart

Marjoram Pot	Sow late March to late May. Sow indoors and grow on until large enough to plant out. Gradually harden off and plant out.
Mustard	March-August Sow every 2 weeks a pinch of seed to a pot or in shallow drills in the veg plot. Germinates verry quickly. Grow as a cut and come again salad crop.
Parsley	Sow year round indoors. Stow a pinch of seed to individual pots or thinly in a seed tray. Cover with a light layer of compost and keep at 15C or above Parsley seed can be slow to germinate and may take up to 4 weeks
Parsnip Countess	Sow March- May, thinly direct into the growing site 2cm deep in rows 45cm apart. Cover early sowings with cloches. If early sowings don't germinate it may be too cold so try again April-May when weather is warmer. When seedlings appear thin so remaining plants are 10cm apart. Hoe regularly to keep weeds at bay but take care not to damage the crown of the parsnips. Harvest September to February
Pea	Sow March to May in flat bottomed drills 5cm deep and 10cm wide. Space seeds 5cm apart with 60cm between rows, then cover over with soil and gently tamp down with the back of a rake. Cover with netting to stop bird digging up the seed or pecking the seedlings. Provide some support for the plants to climb up. Their tendrils wil need something to cling to. Pea and Bean netting is ideal. Harvest July to August
Pumpkin	Sow April to June outdoors. Sow seed on edge to prevent rotting. Indoors: Sow 1.5cm deep in pots or trays from April to May. Indoor raised plants should be gradually hardened off in late-May and planted 60-90cm apart. Alternatively sow direct outdoors from mid-May to June. Sow 2-3 seeds per station 60cm apart. Once large enough to handle thin down to the 1 strongest seedling per station. Pumpkins like good fertile soil and lots of sun. Water regularly when fruit starts to swell Harvest September to October
Radish	Sow March to September thinly in shallow drills 1.5cm deep with 15-30cm between rows. If the soil is dry water the seed drills first before sowing seeds and cover with dry soil. Radishes do not require transplanting and if sown carefully , thinning is not necessary. Harvest 4 weeks after sowing. Sow small batches every 4 weeks to have a continuous supply
Rocket Astra	Sow April- August. Sow thinly in a prepared seed bed 0.5cm deep in rows 25-30cm apart. Keep soil moist . Sow seed in succession every 2-3 weeks for a continuous supply of fresh young leaves. If you don't have a veggie patch or have limited space these can be grown very effectively in pots. You may find this more convenient so you can have them close to the house for easy picking Thin seedlings to 10cm (4in) apart when large enough to handle. Cut leaves from each plant leaving some leaves on each so they re-grow. You will often get 3-4 cuttings per plant.
Runner Bean	Sow Mid April-End of May indoors in pots and plnay out at the end of May or Sow direct outdoors from May-June Plant 30cm apart in rows and support with 6-8ft Canes or as a Wigwam. Water regularly and pick bean frequently
Sage	Sow March to June in pots or trays in a cold frame or unheated greenhouse. When large enough to handle prick out seedlings in to small pots. In late summer or when large enough plant out into final position.
Savory Winter	Sow April-May in to seed trays indoors. when large enough prick out in to small pots and grow on until ready to plant out.

Squash	Sow from April-June. Sow seeds on their edge to help prevent rotting. Sowings before May should be started off singly in small pots of around 7-9cm diameter and grown on on a windowsill or greenhouse to plant out at the end of May. From late May-June seeds can be sown directly into the soil about 1.5cm deep. Final spacing 60cm apart. Harvest September-October
Sunflower Giant Yellow Single	The traditional very tall (to 10 feet!) Sunflower. Ideal for children to grow, watch and measure. Best sown directly 1" deep into moist warm soil in April and May. Space two or three seeds together, each group about 18" apart, then thin to the best plant once they germinate. Water well and feed with tomato food.
Sweet Corn Earliking F1	Sow April to May. Sow 2 seeds per 9cm diameter pot and grow on in a greenhouse or sunny windowsill. Towards the end of May gradually hardened off in a cold frame before transplanting into the plot. Plant in blocks, spacing plants 45cm apart. Sweet corn is wind pollinated so need to be planted in blocks to aid the process Harvest August to September Cobs are ready to harvest when the end tassels turn brown.
Thyme	Sow April-June. Sow a pinch of seed per pot and grow on in an unheated greenhouse or windowsill indoors. Plant out when well rooted.
Tomato	Sow January to April in pots or seed trays and cover lightly with compost. Place in a propagator at around 18C or a warm windowsill. When large enough to handle prick out seedlings in to 7-9cm pots. When about 20cm high plant to the greenhouse border/ pots or growbags. You can grow tomatoes outside in a nice warm sunny spot. Be sure to wait until all risk of frost has past (usually towards the end of May in the UK) Cordon/vine varieties require side shooting and support for the best yields. Bush types do not require side shooting. Water and regularly and feed with Tomato feed once the first truss has set. Harvest July to October
Watercress	Sow Likes moist conditions so water frequently. Shade from hot midday sun. Cut leaves as necessary and plants will re-grow. Can be grown in a shallow tray of water which is refreshed regularly. Perennial.
Welsh Onion	Perennial herb with hollow leaves with a mild onion flavour. Alternative to Chives. Can be used year-round in salads, Miso Soup and stir-frys. Clumps should be divided every 3. Plant 9" apart in rows or in pots. Sun and well drained soil.