

Sow. Plant. Harvest.

A seasonal calendar for UK vegetable & herb growers

32 CROPS

Free growing guide

I Sow indoors

O Sow outdoors

P Plant / transplant

H Harvest

Read each crop from top to bottom: I, O, P, H. Marks show possible months, not one sowing cycle.

CROP		JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	SPACING / cm	
														Rows	Plants
Aubergine	I O P H													-	50-60
Grow under glass															
Basil	I O P H													-	20-30
Beans, French	I O P H													45	15
Dwarf varieties															
Beans, broad	I O P H													45	20
Autumn sowing: mild sites															
Beans, runner	I O P H													60*	15-30
Climbing varieties															
Beetroot	I O P H													30	10
Broccoli	I O P H													45	30-45
Calabrese / summer crop															
Brussels sprouts	I O P H													60	60
Butternut squash	I O P H													90-120	90-120
Cabbage	I O P H													-	35-50
Summer / autumn crop															
Carrot	I O P H													15-30	5-8
Cauliflower	I O P H													60	60
Summer / autumn varieties															
Chives	I O P H													-	23-30
Harvest established clumps															
Courgette	I O P H													90	90
Cucumber	I O P H													90	90
Outdoor ridge varieties															
Dill	I O P H													30	20
Sow direct in small batches															
Garlic	I O P H													30	15
Kale	I O P H													45	45
Leek	I O P H													30	15
Lettuce	I O P H													-	15-30
Spring / summer sowings															
Onion	I O P H													30	10
Spring sets / seed															
Parsley	I O P H													-	15-23
Parsnip	I O P H													30	10-15
Pea	I O P H													60-90	5-7
Pepper	I O P H													-	45-50
Best under glass															
Potato	I O P H													60-75	30-37
Earlies / maincrop															
Pumpkin	I O P H													100-150	100-150
Radish	I O P H													15	2.5
Spinach	I O P H													30	7-15
True spinach															
Spring onion	I O P H													15	Thinly
Tomato	I O P H													75	45-60
Turnip	I O P H													23-30	10-15

Follow your conditions

These are broad UK windows. Follow the seed packet and local weather. Cold or exposed gardens start later; tender crops go outside only after the last frost. Harden off first.

Think across seasons

Winter harvests may come from the previous year's sowing. Autumn broad beans need hardy varieties and a mild site. Peppers and aubergines are best grown under glass.

Give plants room

P also means planting potato tubers, garlic cloves and onion sets. Spacings are a guide; check your variety. A dash means use the plant spacing / packet. *Runner beans: 60cm within a pair of rows; 150cm between pairs.