



Sow. Plant. Harvest.

A seasonal calendar for UK vegetable & herb growers

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.

														SPACING / cm	
CROP		JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	Rows	Plants
Aubergine Grow under glass	I O P H													-	50-60
Basil	I O P H													-	20-30
Beans, French Dwarf varieties	I O P H													45	15
Beans, broad Autumn sowing: mild sites	I O P H													45	20
Beans, runner Climbing varieties	I O P H													60*	15-30
Beetroot	I O P H													30	10
Broccoli Calabrese / summer crop	I O P H													45	30-45
Brussels sprouts	I O P H													60	60
Butternut squash	I O P H													90-120	90-120
Cabbage Summer / autumn crop	I O P H													-	35-50
Carrot	I O P H													15-30	5-8
Cauliflower Summer / autumn varieties	I O P H													60	60
Chives Harvest established clumps	I O P H													-	23-30
Courgette	I O P H													90	90
Cucumber Outdoor ridge varieties	I O P H													90	90
Dill Sow direct in small batches	I O P H													30	20

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.



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Garlic	I O P H						*	*	*					30	15
Kale	I O P H	*	*							*	*	*	*	45	45
Leek	I O P H									*	*	*	*	30	15
Lettuce Spring / summer sowings	I O P H									*	*			-	15-30
Onion Spring sets / seed	I O P H							*	*	*				30	10
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 Best under glass	I O P H						*	*	*	*	*			-	45-50
Potato Earlies / maincrop	I O P H						*	*	*	*	*			60-75	30-37
Pumpkin	I O P H						*	*		*	*			100-150	100-150
Radish	I O P H					*	*	*	*	*	*			15	2.5
Spinach True spinach	I O P H					*	*	*	*	*	*	*		30	7-15
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

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