



## Spring

**Harvest: Carrot**  
Packed full of Vitamin A, a great vegetable for children to grow and enjoy.

**Sow: Spinach**  
Full of vitamins A and C and rich in fibre.

Now is the time to start sowing lots of vegetables outside such as broccoli, courgettes, peas, leeks.

As the weather is warming up you can start planting out crops such as lettuce and seed onions.

In late spring you can begin to harvest crops that were sown early.



## Summer

Lots of crops will now be ready to harvest including courgettes, onions, peppers and chillies.

Continue planting lettuce & radish and start planting carrots.

Harden off and plant out runner beans, leeks and tomatoes.

**Harvest: Strawberry**  
Great for planters and patio containers, also packed with antioxidants.

**Sow: Peas**  
Eat straight from the pod soon after harvesting for maximum goodness.



## Autumn

**Harvest: Tomato**  
Great for growing in grow bags, pots and glass houses.

**Harvest: Courgette**  
Can be grown in large pots and containers, great for soup and stir fries.

Sow winter salad leaves such as lettuce and rocket and protect them under a cloche or fleece.

Plant garlic in well-drained soil to harvest next August.

Dig over the vegetable plot and use organic mulch to feed the soil ready for next spring.

**Harvest: Parsnips**  
Great for stews and casseroles. A great winter vegetable - frost improves their flavour!

**Sow: Broad beans**  
Good source of protein, Vitamin A, B1 and B2

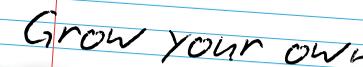


## Winter

Continue to harvest parsnips, leeks and broccoli.

Start to plan next year's crop and make a plan of the seeds, plants and equipment you would need.

In late winter sow onions, peppers and chillies indoors as well as carrots and lettuce outside.



Grow your own



five a day  
fresh from  
your garden

five a day  
fresh from  
your garden

■ Sow Seeds indoors    
 ■ Harden off and plant outside    
 ■ Sow outside    
 ■ Harvest

