



**FREE**

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# GROW YOUR OWN VEG

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Essential step-by-step gardening instructions and tips  
on how to grow your own vegetables



# BROAD BEANS

✿ **Date of Planting:** MARCH through to JUNE

✿ **Feeding Requirements:**  
6X or WELL ROTTED MANURE

✿ **Steps:**

- 1 Dig over the soil add 6X (following the instructions on the bag) or well rotted manure and fork in well.
- 2 Sow seeds directly into the soil 5cm deep and allow 22cm between the seeds.
- 3 Seedlings usually appear in 10-18 days later, water well until plants are established.
- 4 Use 2-3 posts with attaching rope for support along the run.



## NOTES

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# BROCCOLI

## ❁ Date of Planting: APRIL

JOHN INNES SEED COMPOST, LEVINGTONS MULTI PURPOSE COMPOST, 6X or WELL ROTTED MANURE , 3cm POTS or 15 CELL SEED TRAYS, CABBAGE COLLARS

## ❁ Feeding Requirements: NITROGEN (VITAX SULPHATE OF AMMONIA)

## ❁ Steps:

- 1 Start seeds off in the greenhouse in April, sow in seed trays, once they have their second true leaf then prick out into 3cm pots or 15 cell trays using Levingtons multipurpose compost.
- 2 Once the risk of frost is over, harden off in a cold frame ready for planting out late May.
- 3 When planting straight into the ground when frosts have finished, prepare the soil by digging over and add 6X (following the instructions on the bag) or well rotted manure, fork in well.
- 4 Plant the seedlings 45cm apart, also 45cm between each row, use a collar to protect from pest/disease.
- 5 You should then be able to eat your produce approximately end of August/September.

## TIP

Once the seedlings have rooted well, use a high Nitrogen feed (following directions on the packet).

Sow every 3-4 weeks to ensure a continuous supply into the autumn.

## NOTES

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# BRUSSEL SPROUTS

## ❁ Date of Planting: APRIL

JOHN INNES SEED COMPOST, LEVINGTONS MULTI PURPOSE COMPOST, 6X or WELL ROTTED MANURE, 3cm POTS or 15 CELL SEED TRAYS, CABBAGE COLLARS

## ❁ Feeding Requirements:

HIGH NITROGEN (VITAX SULPHATE OF AMMONIA)

## ❁ Steps:

- 1 Start seeds off in the greenhouse mid April, sow in seed trays, once they have their second true leaf then prick out into 3cm pots or 15 cell trays using Levingtons multipurpose compost.
- 2 Once the risk of frost is over, harden off in a cold frame ready for planting out May to end of June.
- 3 When planting straight into the ground when frosts have finished, prepare the soil by digging over and adding 6X (following the instructions on the bag) or well rotted manure, fork in well.
- 4 Plant the seedlings 8-10 cm apart, also use a collar to protect from pest/disease.

### TIP

Once the seedlings have rooted well, use a high Nitrogen feed, (follow the directions on the packet).

Prick sprouts from the bottom of the plant working upwards.

The loose cabbage top can also be eaten.

## NOTES

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# CABBAGE

- ❁ **Date of Planting:** Early Cabbage **FEBRUARY**  
Late Cabbage **APRIL**

JOHN INNES SEED COMPOST, LEVINGTONS MULTI PURPOSE COMPOST, 6X or WELL ROTTED MANURE, 3cm POTS or 15 CELL SEED TRAYS, CABBAGE COLLARS

- ❁ **Feeding Requirements:**

HIGH NITROGEN FEED (VITAX SULPHATE OF AMMONIA)

- ❁ **Steps:**

- 1 Start seeds off in the greenhouse mid February, sow in seed trays, once they have their second true leaf then prick out into 3cm pots or 15 cell trays using Levingtons multipurpose compost.
- 2 Once the risk of frost is over, harden off in a cold frame ready for planting out late May.
- 3 When planting straight into the ground when frosts have finished, prepare the soil by digging over and adding 6X (follow instructions on bag) or well rotted manure fork in well.
- 4 Plant the seedlings 30cm apart, also 30cm between each row, use a collar to protect from pest/disease.

## TIP

Once the seedlings have rooted well, use a high Nitrogen feed (following directions on the packet).

## NOTES

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# CARROTS

- ❁ **Date of Planting:** Early's **APRIL**  
Main crop **MAY**

FLEECE, GROUND PEGS

- ❁ **Feeding Requirements:**  
HIGH POTASH, (VITAX SULPHATE OF POTASH)

- ❁ **Steps:**

- 1 When planting straight into the ground when frosts have finished, prepare the soil by digging over and add Potash (following the instructions on the packet), fork in well. Plant the seeds thinly 4cm deep, and 30cm between each row, cover the seeds lightly with fine soil.
- 2 Once they are showing and are about 2.5cm tall thin out, then very carefully lightly trample on the greenery that is showing.
- 3 Cover carrots with fleece and secure to the ground to keep free from carrot root fly.

Add Potash when digging the soil over before planting the seeds.

If you want to over winter your carrots you can either cover them with straw while still in the ground, or dig them up and put into a box of sand and cover with straw, keep in a dry place.

Regular sowings every 3 weeks will ensure a continuous supply of young Carrots.

## NOTES

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# CAULIFLOWER

❁ **Date of Planting:** Early Cauliflower **FEBRUARY, APRIL**

**JOHN INNES SEED COMPOST, LEVINGTONS MULTI PURPOSE COMPOST, 6X or WELL ROTTED MANURE , 3cm POTS or 15 CELL SEED TRAYS**

❁ **Feeding Requirements:**

**HIGH NITROGEN FEED (VITAX SULPHATE OF AMMONIA)**

❁ **Steps:**

- 1 Start seeds off in the greenhouse mid April, sow in seed trays, once they have their second true leaf then prick out into 3cm pots or 15 cell trays using Levingtons multipurpose compost.
- 2 Once the risk of frost is over, harden off in a cold frame ready for planting out in May.
- 3 When planting straight into the ground when frosts have finished, prepare the soil by digging over and adding 6X (following the instructions on the bag) or well rotted manure, fork in well.
- 4 Plant the seedlings 8-10cm apart and 60cm between each row also use a collar to protect from pest/disease.

## TIP

Once the seedlings have rooted well use a high Nitrogen feed (following the directions on the packet).

## NOTES

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# FRENCH AND RUNNER BEANS

- ❁ **Date of Planting:** First week of **MAY** until end of **JUNE**

**JOHN INNES SEED COMPOST, 6X or WELL ROTTED MANURE, 3cm POTS or 15 CELL SEED TRAYS**

- ❁ **Steps:**

- 1 Start seeds off in the greenhouse mid April, plant 1 seed into a 3cm pot or a tray with 15 cells using John Innes Seed compost.
- 2 Once the risk of frost is over, harden off in a cold frame ready for planting out in June.
- 3 When planting straight into the ground when frosts have finished, prepare the soil by digging over and adding 6X (following the instructions on the bag) or using well rotted manure fork in well. Plant the seeds 5cm apart and 3-4cm deep, cover the seed with soil. Use 2mtr canes to support each plant.

## TIP

This is for Runner Beans only, when they are in full flower make a ridge either side of the bean run so you have a small ditch and flood with water, this will help the beans set.

## NOTES

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# LEEKS

- ❁ **Date of Planting:** First week of **MAY** until end of **JUNE**

**JOHN INNES SEED COMPOST, 6X** or **WELL ROTTED MANURE,**  
**3cm POTS** or **15 CELL SEED TRAYS**

- ❁ **Feeding Requirements:**  
**VITAX LIME**

- ❁ **Steps:**

- 1 Start seeds off in a greenhouse end of March till mid April, plant 1 seed into a 3cm pot or a tray with 15 cells using John Innes Seed compost.
- 2 Once the risk of frost is over, harden off in a cold frame ready for planting out in May to end of June. Dig in some Lime (following the directions on the packet). When transplanting into the ground in June, leave 15cm between each leek.
- 3 When planting straight into the ground when frosts have finished, prepare the soil by digging in 6X (following the instructions on the bag) or well rotted manure fork in well, you can also add lime at this time. Plant the seeds 3-4cm deep and 5cm apart, cover the seeds with fine soil.

## TIP

Plant where you have grown potatoes, they will grow onto next year. Leeks are also a lover of lime.

## NOTES

# ONION AND SHALLOT SETS

## ❁ Date of Planting: APRIL

6X or WELL ROTTED MANURE, LIME

## ❁ Feeding Requirements:

VITAX FISH BLOOD AND BONE

## ❁ Steps:

- 1 Dig the soil over adding 6X (following the instructions on the bag) or well rotted manure adding a handful of lime. Just before planting add Fish, Blood and Bone working well into the ground.
- 2 Put down black polythene and puncture holes in it approximately 15cm apart leaving 30cm between each row, place 1 onion/shallot in each hole. There is no need to water.
- 3 They should be ready to harvest in August. Lift all onions/shallots by the end of August and tie them together to a post and cover with polythene till they have dried and coloured. Clean the onion/shallots down till all the soil and broken skin has been removed, they should keep until April the following year.

## NOTES

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# ONIONS

## ❁ Date of Planting: APRIL

6X or WELL ROTTED MANURE, VITAX, LIME

## ❁ Feeding Requirements:

VITAX FISH BLOOD AND BONE

## ❁ Steps:

- 1 Dig the soil over adding 6X (following the instructions on the bag) or well rotted manure adding a handful of lime, just before planting add Fish, Blood and Bone working well into the ground.
- 2 Sow in drills, sowing very thinly 3-4cm deep and 30cm between each row.
- 3 They should be ready to harvest in August. Lift all onion by the end of August and tie them together to a post and cover with polythene till they have dried and coloured. Clean the onions down till all the soil and broken skin has been removed, they should keep until April the following year.

## NOTES

# YEARLY PLANNER

BROAD BEANS	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
Sow	✓	✓	✓	✓	✓					✓	✓	✓
Plant			✓	✓								
Harvest					✓	✓	✓	✓				
BROCCOLI	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
Sow				✓	✓	✓		✓	✓			
Plant						✓	✓		✓			
Harvest		✓	✓	✓	✓	✓	✓	✓	✓			
BRUSSEL SPROUTS	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
Sow			✓	✓								
Plant					✓	✓						
Harvest	✓	✓	✓						✓	✓	✓	✓
CABBAGE	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
Sow			✓	✓	✓	✓	✓					
Plant					✓	✓	✓		✓	✓		
Harvest	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
CARROTS	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
Sow			✓	✓	✓			✓				
Plant												
Harvest					✓	✓	✓	✓	✓	✓	✓	
CAULIFLOWER	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
Sow			✓	✓	✓					✓	✓	✓
Plant		✓			✓	✓	✓					
Harvest	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
FRENCH & RUNNER BEANS	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
Sow		✓	✓	✓	✓	✓						
Plant				✓	✓	✓						
Harvest						✓	✓	✓	✓	✓		
LEEKs	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
Sow	✓	✓	✓	✓	✓							
Plant						✓	✓					
Harvest	✓	✓	✓	✓	✓				✓	✓	✓	✓



- ✓ sow in greenhouse
- ✓ sow outdoors
- ✓ plant
- ✓ harvest



ONION & SHALLOT SETS	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
Sow	✓	✓	✓	✓	✓	✓		✓				
Plant	✓	✓	✓	✓					✓	✓	✓	✓
Harvest			✓	✓	✓	✓	✓	✓	✓	✓		
ONIONS	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
Sow	✓	✓	✓	✓	✓							
Plant				✓	✓							
Harvest								✓	✓			
PARSNIPS	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
Sow		✓	✓	✓								
Plant												
Harvest	✓	✓	✓						✓	✓	✓	✓
PEAS	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
Sow		✓	✓	✓	✓	✓	✓					
Plant			✓	✓	✓							
Harvest					✓	✓	✓	✓	✓	✓		
POTATOES	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
Sow												
Plant			✓	✓	✓							
Harvest						✓	✓	✓	✓	✓		
SWEDE	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
Sow		✓	✓	✓	✓	✓	✓	✓	✓			
Plant												
Harvest	✓				✓	✓	✓	✓	✓	✓	✓	✓
TOMATOES	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
Sow		✓	✓	✓								
Plant				✓	✓	✓						
Harvest						✓	✓	✓	✓	✓		
TURNIPS	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
Sow		✓	✓	✓	✓	✓	✓	✓	✓			
Plant												
Harvest	✓				✓	✓	✓	✓	✓	✓	✓	✓

# PARSNIPS

✿ **Date of Planting:** Early **APRIL-MAY**

✿ **Feeding Requirements:**  
POTASH (VITAX SULPHATE OF POTASH),  
PHOSPHATE (VITAX SUPER PHOSPHATE)

✿ **Steps:**

- 1 Dig the soil over and add Potash and Phosphate working well into the ground.
- 2 Make a drill 3-4cm deep and sow the seed thinly and allow 40cm between each row.
- 3 Thin out to 10cm apart when they are showing their true first and second leaf replacing any dislodged soil.
- 4 Leave roots in the soil until required as they improve after exposure to autumn frosts.

## NOTES

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## TIP

**DO NOT** use manure, if manure is used then the parsnip will produce forks (more than one root).

The removal of as many stones as possible will also minimize root damage.

# PEAS

## 🌸 Date of Planting: APRIL

6X or WELL ROTTED MANURE, POSTS, GALVANISED WIRE

## 🌸 Steps:

- 1 Prepare the soil area where you are going to plant by either digging in 6X (following the instructions on bag) or well rotted manure, fork in well.
- 2 Once the risk of frost is over and the soil is warm, using a Drill hoe, drag (using the broad side) for the length you have available to plant.
- 3 Plant 3 seeds across leaving 8cm between seedlings, cover lightly with soil. The seedlings should appear in 10-18 days after planting.
- 4 When they are 5cm tall, start to erect the supports using posts and galvanised wire.

### TIP

If the soil is cold then the seed will rot. Also protect the seedlings from the sparrows as they may eat the young seedlings in dry weather. Pick regularly for best yield.

## NOTES

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# POTATOES

- ❁ **Date of Planting:** Earlys, **APRIL**  
Main crop and Lates, **MAY**

6X or WELL ROTTED MANURE

- ❁ **Feeding Requirements:**  
POTATO FERTILISER

- ❁ **Steps:**

- 1 Once you have bought your seed potatoes then place them in a dry area and wait for them to Chit (produce shoots).
- 2 Dig over the area you will be planting seed potatoes add 6X and fork in well.
- 3 Dig a trench no longer than 20 metres, place 1 seed potato at a depth of 10 to 15cm, and 30cm apart. Pile the soil over and make a small ridge.
- 4 Leave till they start to show greenery above soil level, start to furrow up (pile more soil on) till all the greenery is nearly covered, this will also protect them from the frost, this will probably need to be done at least twice.
- 5 Once the flowers have died off the potatoes will be ready for digging up, approximately the first week of July.

## NOTES

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## TIPS

Do not plant into cold soil or if it is wet or frosty wait a while or the seed potato will rot.

Disease: To stop Blite use Fruit and Vegetable Disease Control (Bayer Garden) follow instructions on the packet.



# SWEDE

❁ **Date of Planting:** Second week of **MAY**

❁ **Feeding Requirements:**

**6X** or **WELL ROTTED MANURE**

❁ **Steps:**

- 1 Prepare the soil by digging over and add 6X (following the instructions on the bag) or well rotted manure and fork in well.
- 2 Prepare a drill, sow seeds thinly on top cover lightly with soil.
- 3 When large enough thin out to 18cm apart and build up the soil around the swede to make a furrow.

**NOTES**

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**TIP**

Keep weed free.

# TOMATOES

✿ **Date of Planting: MARCH**

✿ **Feeding Requirements:**

TOMORITE, or a HIGH POTASH FEED (VITAX SULPHATE OF POTASH)

✿ **Steps:**

- 1 Start seeds off in the greenhouse in March, using a seed tray place a layer of John Innes Seed compost lightly water, sow the tomato seed thinly and cover lightly with more seed compost.
- 2 Once the seedlings have their second true leaf then prick out into 9cm pots.
- 3 Again once the tomato plant is strong enough showing its first truss pot on again into its final growing place.
- 4 Cut off all side shoots that appear and let the plant grow to either 6 or seven trusses.

## NOTES

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Never leave the plant sitting in water.

Water regularly.

Feed every watering, but only using half the strength feed.

To stop your tomatoes developing Blossom end rot, use 1 tsp of calcium nitrate per 3.75ltr of water, use after the third truss has developed then again after the sixth truss has developed.

# TURNIPS

❁ **Date of Planting:** Second week of **MAY**

❁ **Feeding Requirements:**

**6X** or **WELL ROTTED MANURE**

❁ **Steps:**

- 1** Prepare the soil by digging over and adding 6X (following the instructions on the bag) or well rotted manure and fork in well.
- 2** Prepare a drill, sow thinly on top cover lightly with soil.
- 3** When large enough thin out to 10cm apart and build up the soil around the turnip to make a furrow.

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**TIP**

Keep weed free.

## A quick guide to Pests for FRUIT and VEG



### APHIDS

The most common of all pests. Almost every plant can be infested with these bugs. The tiny bugs feed on the sap of the plant weakening it and reducing its rate of growth. The plant leaf becomes curled and distorted.

The aphids normally gather underneath the leaves as they suck the sap and excrete a sugary substance onto the leaves below which develops into a shiny glaze, which in turn after a while will deprive the leaf of light and the plant will eventually die. This also looks unsightly.

Aphids also shed their skin as they increase in size, the cast off skin will form into a whitish dust on the leaves below.

### TREATMENT and CONTROL

Spray with a natural-based insecticide BUGCLEAR for FRUIT and VEG this product kills the aphid on contact OR BUGCLEAR ultra which kills on contact but also leaves a residual effect which lasts for several weeks.

We also have alternative products in the garden centre.

**Carrot fly;** Unfortunately there is not a chemical control available, either use raised beds under protected micromesh fabric or fleece.

## A quick guide to Disease for FRUIT and VEG



Always make sure all the tools and equipment you are using have been cleaned from the year before.

### RUSTS

The spores need a moist environment to prosper. The fungus develops mostly on the leaves but can sometimes be found on stems of the plant. They range in colour from orange to dark brown spots

### TREATMENT

Immediately remove and destroy all the infected leaves or plant parts, collect and destroy any fallen leaves. FUNGUSCLEAR 2 which is a fungicide spray can be used but check to see plant suitability before use.

### GREY MOULDS

This is a very common fungus that grows on many plants. This is a greyish fuzzy fungal growth which grows over the infected area, the spread of this fungal disease depends on the stage to which the infection has developed.

### TREATMENT

Remove and destroy all affected plant parts, keep regular checks on your crops to avoid badly diseased plants. Do not be tempted to compost these infected plant parts.



# Remember:

JANUARY

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FEBRUARY

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MARCH

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APRIL

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MAY

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JUNE

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JULY

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AUGUST

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SEPTEMBER

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OCTOBER

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NOVEMBER

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DECEMBER

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