

## What can I sow? When can I sow it? Where can I sow it?

Sowing times are a guide only and will vary depending on your region, and the weather.

When to

Suitable for sowing: When

**Flowering** 





Can be grown all year

round as a salad leaf:

months: to sow: harvest: Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec Variety Variety Cosmos Herb Oregano **Foxglove** Hollyhock **Herb Rocket** Marigold **Herb Rosemary** A E **Herb Sage Nasturtium Petunia Herb Thyme** *[a]* Kale **Poppy** Sunflower Lambs Lettuce **Sweet Pea** Leek Wild Flowers Lettuce **Asparagus** Lettuce **All Year Round** Aubergine **Mangetout Peas Bean Broad** Aquadulce Claudia Marrow **Bean Broad** Mustard **Bean Climbing Onion Hi-Keeper Bean Dwarf** Pak Choi **Bean Runner Parsnip** Beetroot Pea Broccoli Calabrese Pea Meteor **Broccoli Sprouting** Pepper Brussels Sprout **Pumpkin** Cabbage (Spring) April 👼 Radish Cabbage Summer Rhubarb Cabbage Winter Salad Leaves Carrot Sorrel Cauliflower Shallot Celery Spinach Courgette **Spinach Perpetual Spring Onion** Cress **Spring Onion Winter** Cucumber **Herb Basil** Squash Herb Chervil Swede **Herb Chives Sweet Corn Herb Comfrey** Swiss Chard Herb Coriander **Tomato** Herb Dill Turnip

Herb Lemon Balm

