

Variety	Season	Sowing Indoors	Sowing Outdoors	Directions	Harvest	Mature Height	Mature Spread
Aubergine	Summer	Janury - April	May - June	Sow in trays, when big enough, space 20cm apart	August - October	100cm	40cm
Basil Cinnamon	Year round	October - April	April -August	Lightly Cover	Year Round	upto 76cm	50cm
Basil Dark opal	Year round	October - April	April -August	Lightly Cover	Year Round	20cm	20cm
Basil Sweet Genovese	Year round	October - April	April -August	Lightly Cover	Year Round	45cm	40cm
Bean Broad	Summer	Feb- May OR Oct -Nov	April - May	Soak first. Sow in rows 5cm deep, 20cm apart.	May - July	120cm	35cm
Bean Runner	Summer	March - April	April - June	Sow 2cm deep, and support when needed	July - October	45cm	20cm
Beetroot	Sum/Aut	n/a	March to July	Sow 2cm deep in drills 30cm apart/thin to 15cm	June - september	30cm	20cm
Broccoli	Sum/Aut	March - April	April - June	sow 2cm deep/ thin to 30cm	June - September	90cm	30cm
Cabbage	Winter/ Spring	n/a	April - June	Sow in drills 1.5cm deep, 25 cm apart/ thin to 60cm	December - March	45cm	55cm
Cauliflower	Sum/Aut	Feb - May & Oct - Dec	March - August	Sow seeds 2cm deep 15 cm apart/ thin to 15cm	May - Dec & Jan - Apr	15cm	20cm
Carrot	Sum/Aut	n/a	February - July	Sow seeds 1cm deep 15 cm apart/ thin to 5cm	May -October	30cm	10cm
Chives	Year round	October - April	April -August	Lightly Cover	Year Round	30cm	20cm
Chives Garlic	Year round	October - April	April -August	Lightly Cover	Year Round	30cm	20cm
Chilli Birdseye	Summer	February - June	May - June	Lightly Cover	July - October	35cm	30cm
Chilli Cayene	Summer	February - June	May - June	Lightly Cover	July - October	45cm	30cm
Chilli Scotch Bonnet	Summer	February - June	May - June	Lightly Cover	July - October	45cm	30cm
Corriander	Year round	October - April	April -August	Lightly Cover	Year Round	45cm	35cm
Courgette	Sum/Aut	n/a	April - June	Sow seeds 2cm deep 20cm apart/ thin to 10cm	June - October	45cm	15cm
Cress	Year round	October - April	April -August	Lightly Cover	Year Round	12cm	10cm
Cucumber	Summer	February - April	April - June	sow 1cm deep/ thin to 25cm	July - October	100cm	40cm
Lavender	Year round	October - April	April - August	Lightly Cover	Year Round	75cm	40cm
Lettuce - Iceberg	Summer	Mar - Apr OR Aug - Sept	April - August	Sow in drills 13cm deep, 30 cm apart/ thin to 30cm	June - October	30cm	30cm
Lettuce Italian Leaf Mix	Summer	Mar - Apr OR Aug - Sept	April - August	Sow in drills 13cm deep, 30 cm apart/ thin to 20cm	April - November	30cm	20cm
Lettuce Mediteranean Leaf Mix	Summer	Mar - Apr OR Aug - Dec	April - August	Sow in drills 13cm deep, 30 cm apart/ thin to 20cm	April - December	30cm	20cm
Mizuna	Summer	February - April	April - November	Sow 1cm deep, 1 cm apart/ thin to 8cm	January - December	30 - 40cm	40cm
Onion	Summer	n/a	Feb - Apr OR Sept - Nov	Sow in drills 1cm deep, 20 cm apart/ thin to 100cm	June - October	45cm	10cm
Parsley	Year round	October - April	April -August	Lightly Cover	Year Round	20cm	20cm
Parsnip	Autumn/ Winter	n/a	February - May	Sow in drills 1.5cm deep, 40 cm apart/ thin to 40cm	September - March	40cm	20cm
Pak Choi	Summer	n/a	April - August	Sow every 3 weeks 0 1cm deep, 10cm apart	May - October	30cm	20cm
Pea	Summer/ Autumn	February - May	April - June	Sow 5cm deep, 15cm apart	June - October	Upto 2m	40cm
Pepper Sweet Bell	Summer	February - June	May - July	Lightly Cover	August - September	60cm	40cm
Radish	Spring/ Autumn	n/a	January - June	Sow 2cm deep in drills 10cm apart	April - October	15cm	15cm
Rocket	Sum/Aut	n/a	April - September	Sow 1cm deep in drills 15cm apart	June - October	15cm	20cm
Rosemary	Year round	October - April	April -August	Lightly Cover	Year Round	upto 120cm	100cm
Sage	Year round	October - April	April -August	Lightly Cover	Year Round	40cm	25cm
Spearmint	Year round	October - April	April -August	Lightly Cover	Year Round	60cm	30cm
Spring Onion	Summer/ Autumn	n/a	January - june	Sow 2cm deep in drills 10cm apart	Mar - Apr & June - Sept	20cm	10cm
Sweet Corn	Summer	February - April	April - June	sow 2cm deep, thin to 40cm apart	August - September	150 - 250cm	100cm
Swede	Autumn/ Winter	n/a	May - July	Sow in drills 1.5cm deep, 45 cm apart/ thin to 45cm	August - November	40cm	20cm
Thyme	Year round	October - April	April -August	Lightly Cover	Year Round	37cm	15cm
Tomato - Moneymaker	Summer	February - April	April - June	Sow 2cm deep in drills 10cm apart	July - October	120cm	40cm
Tomato - Roma	Sum/ Aut	February - April	April - June	Sow 2cm deep in drills 10cm apart	July - October	150cm	60cm
Turnip	Summer/ Autumn	n/a	March - August	Sow in drills 1.5cm deep, 30 cm apart/ thin to 30cm	June - November	60cm	30cm