

# Seed & Sowing Guide

When to sow

When to harvest

★ All year round as a salad leaf

Suitable for:



Indoors or Under Glass



Windowsill



Direct

Variety	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
Artichoke		F	M	A								
Asparagus				A	M							
Asparagus Pea		M	A									
Aubergine		F	M	A								
Basil		F	M	A								
Bean Broad Aquadulce Claudia	J	F	M								N	D
Bean Broad		F	M	A								
Bean Climbing				A	M	J	J					
Bean Dwarf		F	M	A	M	J	J					
Bean Runner				A	M	J	J					
Beetroot		M	A	M	J	J						
Broccoli (Calabrese)				A	M	J						
Broccoli Sprouting				A	M	J						D
Brussels Sprout		F	M	A	M							
Cabbage (Spring) Ail	J	F							S	O	N	D
Cabbage Summer		F	M	A	M							
Cabbage Winter								A	S			
Cape Gooseberry	J	F	M	A								
Carrot		F	M	A	M	J	J					
Cauliflower		F	M	A	M							
Celeriac		F	M									
Celery		F	M	A								
Chinese Leaves						J	J	A				
Corn Salad Lambs Lettuce ★	J	F	M	A	M	J	J	A	S	O	N	D
Courgette				A	M	J						
Cress	J	F	M	A	M	J	J	A	S	O	N	D
Cucumber		F	M	A	M	J						
Endive ★			M	A	M	J	J	A	S			
Gherkin				A	M	J						
Herb Basil		F	M	A	M	J						
Herb Borage			M	A	M							
Herb Chervil ★	J	F	M	A	M	J	J	A	S	O	N	D
Herb Chives			M	A	M	J						
Herb Comfrey			M	A	M	J						
Herb Coriander ★	J	F	M	A	M	J	J	A	S	O	N	D
Herb Dill ★	J	F	M	A	M	J	J	A	S	O	N	D
Herb Lemon Balm			M	A	M							
Herb Lovage			M	A	M							
Herb Oregano				A	M							
Herb Parsley ★	J	F	M	A	M	J	J	A	S	O	N	D

Variety	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec	
Herb Rocket ★	J	F	M	A	M	J	J	A	S	O	N	D	
Herb Rosemary		F	M	A	M	J							
Herb Sage			M	A	M	J							
Herb Thyme		F	M	A									
Kale ★				A	M	J							
Kohl Rabi	J	F	M	A							N	D	
Leek				M	A	M							
Lettuce Winter Gem	J								S	O	N	D	
Lettuce All Year Round	J	F	M	A	M	J	J	A	S	O	N	D	
Lettuce				M	A	M			A	S	O		
Mangetout Peas				M	A	M	J						
Marrow				A	M								
Melon		F	M	A									
Micro Greens	J	F	M	A	M	J	J	A	S	O	N	D	
Mustard	J	F	M	A	M	J	J	A	S	O	N	D	
Onion Hi-Keeper				M	A				S				
Pak Choi ★			M	A	M	J	J	A	S	O			
Parsnip				A	M								
Pea				M	A	M	J						
Pea Meteor	J	F	M										
Pepper			M	A									
Pumpkin				A	M	J							
Radicchio ★				A	M	J	J	A	S				
Radish	J			M	A	M	J	J	A	S	O	N	D
Rhubarb				M	A								
Salad Leaves ★	J	F	M	A	M	J	J	A	S	O	N	D	
Sorrel ★				M	A	M							
Shallots				M	A	M							
Spinach ★				M	A	M	J						
Spinach Perpetual				M	A	M	J						
Spring Onion	J	F	M	A	M	J	J	A	S	O	N	D	
Spring Onion Winter	J	F	M	A	M	J	J	A	S	O	N	D	
Squash				A	M	J							
Strawberry				M	A	M							
Swede													
Sweet Corn					M								
Swiss Chard ★				M	A	M	J	J	A	S			
Tomato				A	M								
Turnip				M	A	M	J	J	A	S	O	N	D
Watercress ★													

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