

## **KEEP ON SOWING June 2019**

We have seeds in stock at the Shop suitable for sowing in the next few months, filling in the bare soil left as you harvest spuds; broad beans ; onions etc. **(last sow by dates are in brackets)**

- **Cabbage/ Spring Greens** are sown in a seed bed in July / August for a crop early next year. We have: 'Caraflex' (to Oct); 'Greyhound'; 'January King'; 'Spring Hero' and 'Winter Greens'
- **Carrots:** Several varieties can be sown into July e.g. 'Amsterdam' 'Eskimo'; 'James Scarlet' 'Mixed' (August); 'Paris Market' (round root) and 'Atalya' (July to October)
- **Cauliflower:** Still plenty of time to get these up and going: 'All Year Round' (Sept to Oct); 'Barcelona' (late October); 'Boris' (Sept – Oct)
- **DWARE French Beans** : During July pop a few bean seeds into corners of the plot as they become free. Sown later, direct into warm soil, they often do better than ones sown earlier.
- **Leaf Beets / Chard** can be sown until the end of July 'Perpetual Spinach' til August
- **Peas:** 'Douce Provence' (height 30") and 'Meteor' (height 18") are sown late Autumn to overwinter for an early harvest the following year.
- **Radish:** Keep sowing 'Diana' ; 'Cherry Belle' ; 'Mixed'; 'Scarlet Globe'; 'Sparkler' until August and 'White Icicle' til September.
- **SALADS:** Keep growing a variety of salad leaves in the next few months. Plants can be grown under protection over winter as you clear the greenhouse or polytunnel.  
**Lettuce:** we have varieties in stock which can be sown into late summer /early Autumn : 'All the Year Round' (Aug) ; 'Lenny' (July to Sept) ; 'Arctic King' (Aug/ Sept) ; 'Weston Pills' (Aug / Dec)

Add variety with pick and come again leaves such as **Corn Salad** (August); **Endive** (Sept); **Chicory/Radicchio** (July); **Claytonia** (Aug); lots of spicy easy peasy to grow **Rocket** (Aug) ; **Mustard 'Red Frills'** (all year); **'Mixed Oriental Leaves'**; **'Mizuna'**; and perennial **'Sorrel'** **Sweet corn** and **Pea Shoots 'Serge'** (all year).

Oriental veggies are much less likely to bolt if sown in the later months: **Pak Choi: 'Red Choi'** (Aug); **'Joi Choi'** (Sept) and **'Mustard Spinach'**

Don't forget Herbs: **Basil** (July) ; **Coriander** (Sept) ; **Parsley:** 'Extra Triple Curled'; 'Plain'; 'Italian' and 'French' (Sept)

- **Spinach:** If you tried earlier and it bolted, try sowing later : 'Giant Winter' (Sept); 'Medania' (Aug – Sept); 'Trombone' (Oct) **Perpetual Spinach=Leaf Beet** (August) ; 'Red Kitten' (all year baby leaves)

Improve that bare soil with a crop of **Green Manure** : 'Phacelia' ( Sept); 'Red Clover' (Aug) ; 'Trefoil' (Aug); 'Winter tares' (Sept) and specifically for overwintering: 'Overwinter Mix' (mid Oct) and 'Field Beans' (Nov)

Autumn sowing **Onion** sets, loose **Aquadulce** Broad Beans and **Garlic** will be in stock in September.  
**(Shallots are not in stock until SPRING)**

Happy seed sowing, Lesley Woodward, June 2019