

VEGETABLE SEED SOWING CALENDAR

Growing your own vegetables is one of the most rewarding parts of gardening, and we're here to support you every step of the way.

January – February

Start planning your garden! Sow early crops like onions, garlic, and broad beans indoors or in a greenhouse. It's also a great time to organise seeds and prepare soil.

March

As the days get longer, begin sowing tomatoes, peppers, and aubergines indoors. Outdoors, you can start with carrots, spinach, and peas (weather permitting).

April

A busy month! Sow lettuce, beetroot, radishes, and potatoes. Keep tender plants protected from late frosts.

May

Plant out tomatoes, courgettes, and beans once the risk of frost has passed. Continue sowing salad crops little and often for a steady harvest.

June – July

Keep sowing quick-growing crops like lettuce, rocket, and spring onions. Maintain watering and start harvesting early crops.

August

Sow autumn crops such as spinach, kale, and spring cabbage. Harvest continues in full swing!

September – October

Plant garlic and overwintering onions. Clear spent crops and enrich your soil with compost.

November – December

A quieter time in the garden—perfect for planning next year and protecting your soil over winter.

