

SUTTONS

# vegetable garden planner

All you need to know for  
success every time

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Informative packs October 2009

## vegetable growing chart

At-a-glance guide to sowing and harvesting times for most popular vegetables.  
This chart covers 18 months so it shows the harvest period for the following year.

- sow under cloche, cold frame, or in unheated greenhouse
- plant out from under glass
- sow outdoors
- transplant outdoor sowings
- harvest period

Vegetable	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Planting distance between plants	Planting distance between rows
Beans - Runner (double rows)				<span style="color: blue;">■</span>	<span style="color: green;">■</span>	<span style="color: orange;">■</span>	<span style="color: yellow;">■</span>												15cm (6")	30cm (12")
Beans - Dwarf French			<span style="color: blue;">■</span>	<span style="color: green;">■</span>	<span style="color: orange;">■</span>	<span style="color: yellow;">■</span>													15cm (6")	60cm (2')
Beans - Broad			<span style="color: orange;">■</span>	23cm (9")	60-90cm (2-3')															
Beet				<span style="color: orange;">■</span>	5-8cm (2-3")	30cm (12")														
Borecole (Curly Kale)				<span style="color: orange;">■</span>	60cm (2')	60cm (2')														
Broccoli - Sprouting				<span style="color: orange;">■</span>	60cm (2')	60cm (2')														
Brussels Sprouts		<span style="color: blue;">■</span>	<span style="color: orange;">■</span>	<span style="color: green;">■</span>	<span style="color: orange;">■</span>	60-90cm (2-3')	60-90cm (2-3')													
Cabbage (summer & autumn)	<span style="color: blue;">■</span>	<span style="color: blue;">■</span>	<span style="color: orange;">■</span>	<span style="color: green;">■</span>	<span style="color: orange;">■</span>	45cm (18")	45cm (18")													
Cabbage (spring)				<span style="color: orange;">■</span>	38cm (15")	38cm (15")														
Cabbage (winter)				<span style="color: orange;">■</span>	60cm (2')	60cm (2')														
Cabbage (Savoy)				<span style="color: orange;">■</span>	60cm (2')	60cm (2')														
Carrots		<span style="color: blue;">■</span>	<span style="color: orange;">■</span>	5-7½cm (2-3")	5-7½cm (2-3")															
Cauliflower (summer & autumn)		<span style="color: blue;">■</span>	<span style="color: orange;">■</span>	<span style="color: green;">■</span>	<span style="color: orange;">■</span>	60cm (2')	60cm (2')													
Cauliflower (winter & spring)				<span style="color: orange;">■</span>	60cm (2')	60cm (2')														
Celery		<span style="color: blue;">■</span>	<span style="color: blue;">■</span>	<span style="color: orange;">■</span>	<span style="color: green;">■</span>	<span style="color: orange;">■</span>	30cm (12")	30cm (12")												
Cucumber (Greenhouse)		<span style="color: blue;">■</span>	<span style="color: blue;">■</span>	<span style="color: orange;">■</span>	60cm (2')	60cm (2')														
Leaf Beet (Perpetual Spinach)				<span style="color: orange;">■</span>	5-7½cm (2-3"),	30cm (12")														
Leek		<span style="color: blue;">■</span>	<span style="color: orange;">■</span>	23-30cm (9-12")	30cm (12")															
Lettuce		<span style="color: blue;">■</span>	<span style="color: orange;">■</span>	<span style="color: green;">■</span>	<span style="color: orange;">■</span>	23-30cm (9-12")	23-30cm (9-12")													
Marrow, Courgette & Squash				<span style="color: orange;">■</span>	<span style="color: green;">■</span>	<span style="color: orange;">■</span>	60cm (2')	60cm (2')												
				<span style="color: orange;">■</span>	<span style="color: green;">■</span>	<span style="color: orange;">■</span>	120cm (4')	120cm (4')												
Melon		<span style="color: blue;">■</span>	<span style="color: orange;">■</span>	60cm (2')	60cm (2')															
Onion Seed	<span style="color: blue;">■</span>	<span style="color: blue;">■</span>	<span style="color: orange;">■</span>	<span style="color: green;">■</span>	<span style="color: orange;">■</span>	10-15cm (4-6")	22½cm (9")													
Onion Sets			<span style="color: orange;">■</span>	10cm (4")	30cm (12")															
Parsnip			<span style="color: orange;">■</span>	15-20cm (6-8")	30-38cm (12-15")															
Pea			<span style="color: orange;">■</span>	5-7½cm (2-3")	60-90cm (2-3')															
Pepper (Capsicum)		<span style="color: blue;">■</span>	<span style="color: orange;">■</span>	45cm (18")	45cm (18")															
Potato			<span style="color: orange;">■</span>	30cm (12")	30cm (12")															
Radish			<span style="color: orange;">■</span>	15cm (6")	15cm (6")															
Shallot		<span style="color: orange;">■</span>	15cm (6")	15cm (6")																
Spinach			<span style="color: orange;">■</span>	15-20cm (6-8")	30cm (12")															
Swede				<span style="color: orange;">■</span>	20cm (8")	38cm (15")														
Sweet Corn				<span style="color: blue;">■</span>	<span style="color: green;">■</span>	<span style="color: orange;">■</span>	35cm (14")	35cm (14")												
Tomato (Greenhouse)	<span style="color: blue;">■</span>	<span style="color: blue;">■</span>	<span style="color: orange;">■</span>	45cm (18")	45cm (18")															
Tomato (Outdoor)		<span style="color: blue;">■</span>	<span style="color: orange;">■</span>	<span style="color: green;">■</span>	<span style="color: orange;">■</span>	45cm (18")	45cm (18")													
Turnip			<span style="color: orange;">■</span>	23cm (9")	30cm (12")															

# crop rotation

## get the most from your vegetable plot

Ideally crops should be rotated within a plot so that the same family group is never in the spot every year. This not only helps to keep soil nutrients at their optimum but also helps to avoid soil based pests and diseases which are often attracted to the crops within the same family group.

Firstly decide on the vegetables you enjoy, giving consideration to the amount of space available. Aim to produce vegetables all the year round without shortages or gluts. The area chosen should be divided into three equal sections.

**Year 1 Section 1** - Dig in well rotted manure or garden compost in the autumn or early winter. In the first year grow Beans, Leek, Lettuce, Onions, Peas, and Tomatoes.

**Section 2** - Dig the area over and add lime if the soil is acid. This can be checked by using a pH test kit or meter. Ideally maintain a pH level of between 6 and 7. A general fertilizer should be applied 10 to 14 days prior to planting or sowing. This area can then be used for growing Broccoli, Brussels Sprouts, Cabbages, Cauliflower and Kale.

**Section 3** - Apply general fertilizer prior to sowing and planting.

The crops to be grown in this section include Beetroot, Carrots, Parsnips, Potatoes, and Swedes.

**Year 2** as above moving all crops on one section.

**Year 3** Crops and treatments are rotated once more so that all sections have grown all plants over a three year period.

plot in the first year

Manured with Dung or Compost	Fertilizers and Lime *	Fertilizers
<b>Section 1 of Plot</b>	<b>Section 2 of Plot - Brassicas</b>	<b>Section 3 of Plot - Roots</b>
Peas	Cabbages	Potatoes
Beans	Sprouts	Carrots
Onions	Cauliflowers	Beetroots
Leeks	Kales	Parsnips
Lettuces	Broccoli	Swedes
Tomatoes	Seed bed for Green Crops	Succession Crops
Spinach	Succession Crops	Spinach
Spinach Beet	Onions	Lettuces
Celery		
Succession Crops		
Carrots		
Beetroots		
Cabbages		

plot in the second year

Fertilizers and Lime *	Fertilizers	Manured with Dung or Compost
<b>Section 1 of Plot - Brassicas</b>	<b>Section 2 of Plot - Roots</b>	<b>Section 3 of Plot</b>
Cabbages	Potatoes	Peas
Sprouts	Carrots	Beans
Cauliflowers	Beetroots	Onions
Kales	Parsnips	Leeks
Broccoli	Swedes	Lettuces
Seed bed for Green Crops	Succession Crops	Tomatoes
Succession Crops	Spinach	Spinach
Onions	Lettuces	Spinach Beet
		Celery
		Succession Crops
		Carrots
		Beetroots
		Cabbages

plot in the third year

Fertilizers	Manured with Dung or Compost	Fertilizers and Lime *
<b>Section 1 of Plot - Roots</b>	<b>Section 2 of Plot</b>	<b>Section 3 of Plot - Brassicas</b>
Potatoes	Peas	Cabbages
Carrots	Beans	Sprouts
Beetroots	Onions	Cauliflowers
Parsnips	Leeks	Kales
Swedes	Lettuces	Broccoli
Succession Crops	Tomatoes	Seed bed for Green Crops
Spinach	Spinach	Succession Crops
Lettuces	Spinach Beet	Onions
	Celery	
	Succession Crops	
	Carrots	
	Beetroots	
	Cabbages	

\*Only lime if soil is known to be acid

# where to grow

**You do not need a big garden, any space will do as long as it is sunny - vegetables do not do well in the shade or under trees.**

You can make a special vegetable patch or grow within a mixed bed with flowers. Runner Bean flowers make an attractive addition to the back of borders, Globe Artichokes add interesting structure while there are many vegetables, such as Brussels Sprout Red Delicious, that will add vibrant colour to your flower garden.

If you are short of space then use large pots and containers. Tomatoes can be grown in hanging baskets and Runner Beans grown up wigwams of bamboo.

You may wish to grow in narrow raised beds. Ideally around 1.2m wide, the edges can be supported by brickwork for a formal air or made of wooden planks for a more rustic feel.

This means that your plot can be worked from both sides without trampling on the produce. Plants can also be spaced evenly and closer together, and weeding is easier as the soil does not get compacted.

Most vegetable seed can be sown directly where they are to finish. However keep a watchful eye on the weather. Even hardy varieties cannot be sown until the soil has warmed up to at least 6°C.



# companion plants

A number of plants can be grown together to help reduce attack by pest and disease. It may be necessary to experiment over a number of seasons to obtain the optimum planting density to provide some protection.

Growing Onions, Leeks and Carrots together will confuse the Carrot Fly and Onion Fly reducing the damage caused by these pests.

One of the most common pests found in the garden are the many types of Aphid. The larvae of the Hoverfly will eat large quantities of Aphid and to encourage Hoverflies into the garden grow Convolvulus Minor and Limnanthes Douglasii (Poached Egg Flower).

Growing Basil, Chilli Peppers and French Marigolds amongst Tomatoes will help to reduce pest attacks. In the greenhouse Whitefly is a very troublesome pest of Tomatoes and growing French Marigolds by the door and near ventilators is said to be beneficial.

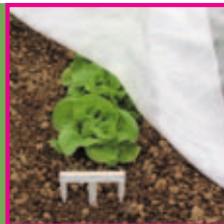
Inter-planting brassicas with Dwarf French Bean and French Marigold will help to reduce pest attacks.

Planting Chives or other members of the Allium family will reduce attack on the fruit from Scab and other fungal diseases. Onions can also help prevent mould on Strawberries and Summer Savory will reduce disease problems in Beans.

Companion planting can also be used to improve pollination by attracting pollinating insects. Pollination of Runner Beans can sometimes be disappointing and growing Ipomoea (Morning Glory) or Sweet Peas in the row will attract pollinating insects.

## handy hints and money saving tips

Horticultural fleece or polythene laid on the ground a week or two before sowing will help to warm up the soil aiding quick and successful germination. Fleece can also be used to cover the growing crop to prevent pest attack.



Carrot flies have a low flight path and protection against attack can be provided by constructing a barrier around the plants 75cm (30") in height using a fine mesh netting such as Enviromesh. Alternatively lay the netting over the crop and peg down the edges avoiding gaps through which the flies could gain entry.



*you are what you eat!*

## home grown, garden fresh vegetables

It has been known for many years how important vegetables are in contributing to a healthy diet. However, recently much more information has come to light on how vegetables can be beneficial in actively protecting the body against certain diseases. Good examples are the protection thought to be offered by regular consumption of Broccoli and Tomatoes.

	Vit A	Vit B	Vit C	Vit E	Folic Acid	Antioxidant	Iron	Potassium	Bioflavonoids	Fibre	Protein
Green Beans	✓	✓	✓		✓					✓	✓
Broccoli	✓		✓		✓	✓	✓	✓		✓	✓
Brussels Sprout	✓		✓	✓	✓	✓	✓	✓	✓	✓	
Cabbage	✓	✓	✓	✓		✓	✓			✓	
Carrots	✓	✓	✓			✓	✓	✓		✓	
Cauliflower			✓		✓	✓		✓	✓		
Kale (Borecole)	✓		✓	✓	✓	✓	✓		✓		✓
Leek	✓	✓	✓				✓	✓			
Lettuce	✓		✓		✓		✓	✓			✓
Parsnip			✓	✓	✓			✓		✓	✓
Pea	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓
Spinach	✓		✓		✓	✓		✓	✓		✓
Tomato	✓		✓	✓	✓	✓				✓	
Turnip	✓		✓							✓	✓

**Vitamin A** - Helps maintain healthy growth and cell development and healthy skin. Antioxidant which may promote protection against free radicals

**Vitamin B** - Releases energy from proteins, assisting the heart, nervous system and immune system to function. Helps with the formation of new blood cells

**Vitamin C** - Helps maintain healthy gums, teeth, bones, cartilage and skin. Aids absorption of iron.

**Vitamin E** - Antioxidant which can help to maintain the immune system. Important for anti-aging (particularly skin)

**Folic Acid** - Aids cell division and also in the formation of DNA, RNA and proteins. Extra amounts may be needed during pregnancy

**Antioxidant** - Effective in fighting free radicals: harmful agents present in the body which may cause heart disease and cancers, plus degenerative diseases such as arthritis

**Potassium** - Used in protein formation and blood clotting, also helps maintain a healthy immune system

**Iron** - Essential for maintaining the health of the blood

**Bioflavonoids** - Enhances the action of Vitamin C and also has an antioxidant action

**Fibre** - Ensures regular bowel function and relieves constipation

**Protein** - Required for growth and in the maintenance and repair of muscles, hair and nails

*It has been scientifically shown that the vitamin content of vegetables begins to deteriorate as soon as harvesting takes place, so the quicker the journey from 'plot to plate' the better the nutrient content.*

*Sit Back and Enjoy! Happy Gardening!*

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