



# EXTENDING THE GROWING SEASON

## PLANTS TO GROW OVER THE AUTUMN AND WINTER

| CROP                                    | WHEN TO GROW                              | HOW TO GROW            | TIPS                                                          |
|-----------------------------------------|-------------------------------------------|------------------------|---------------------------------------------------------------|
| Broad beans                             | Mid Feb – mid Mar                         | Cells in gravel trays  | Use hardier/shorter cultivars i.e. Aquadulce                  |
| Chard and leaf beet (perpetual spinach) | August/Early September                    | Direct/cells           | Swiss Chard is hardiest                                       |
| Cabbage (spring)                        | July and August                           | Seedbeds/modules/trays | September plantings better with protection                    |
| Carrots                                 | August                                    | Direct under cover     | Use nantes or smaller, fast growing types                     |
| Chicory                                 | August                                    | Direct/cells           | Many cultivars, some hardier than others                      |
| Chinese cabbage                         | August, September under cover             | Direct/cells/trays     | Best under cover to avoid frost damage                        |
| Chinese mustard                         | September to November                     | Direct                 | Very easy and hardy. Many colourful varieties                 |
| Claytonia/winter purslane               | August, September – October under cover   | Direct/trays           | Very easy and hardy                                           |
| Cress – Land/Greek                      | August and September. October under cover | Direct/cells/trays     | August sowings may bolt                                       |
| Garlic                                  | October to December                       | Direct                 | Short dormancy height                                         |
| Kohl rabi                               | Early August                              | Direct/cells           | Will spoil in hard frosts                                     |
| Lettuce                                 | August – September                        | Trays/cells            | Later sowings must be winter cultivars under cover            |
| Mizuna                                  | August – early October                    | Direct/cells/trays     | October under cover                                           |
| Mustard spinach (Komatsuna)             | August and September                      | Direct                 | Under cover may sow as late as October                        |
| Onion (sets)                            | September                                 | Direct                 | Excellent alternative to spring planted sets                  |
| Onion (seed)                            | August                                    | Cell/seedbed           | Must be correct cultivar                                      |
| Onion (spring)                          | August, September under cover             | Direct/cells           | Lisbon type but also try oriental cultivars                   |
| Pak choi                                | August and September                      | Direct/cells/trays     | Tat soi types hardiest                                        |
| Parsley                                 | August                                    | Trays                  | For a winter/spring crop under cover                          |
| Peas                                    | October                                   | Direct/pots            | Dwarf/hardy cultivars. Protection from birds                  |
| Radish                                  | August and September                      | Direct                 | Winter cultivars outdoors                                     |
| Rocket                                  | August and September                      | Direct                 | August sowings may bolt                                       |
| Shungika (Garland Chrysanthemum)        | August, September under cover             | Direct                 | Very hardy and easy                                           |
| Spinach                                 | August – early October                    | Direct/cells           | Excellent for late winter/spring crop                         |
| Turnip                                  | August                                    | Direct/cells           | Use hardier cultivars i.e. Golden Ball. Hard frost will spoil |
| Watercress                              | September                                 | Trays/cells            | Only under cover                                              |

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