

# VEG PLANNER



*Crisp runners*



*Juicy fresh tomatoes*



*Fluffy potatoes*


**GROW  
YOUR  
OWN**



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	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	Tips
Runner Beans																	Use canes for plant support. The expanding Willow Trellis is both practical and decorative
Broccoli																	Protect from birds and insects using netting and a bug killer such as Plant Rescue
Cabbages																	Prepare the soil with a lime fertiliser to lower PH levels and increase growth
Carrots																	Great to grow in pots and tubs as well as borders and raised beds. Protect with an insect mesh
Kale																	Ideal grown in pots and tubs close to the kitchen. Has a number of culinary uses
Leeks																	Protect from Leek Moth using an insect mesh
Lettuce																	Mix varieties for an assortment of different coloured leaves and tastes
Courgettes/Marrow/Squash																	Easy to grow for beginners. Keep plants well watered and supported
Parsnips																	Be sure to plant in early March for a delicious crop at Christmas
Peas																	Tall growing varieties will need supporting with Pea Sticks
Peppers and Chillies												 Sow under cloche, cold frame or in a heated greenhouse.  Sow direct outdoors  Plant out from under glass or plant plugs  Harvest period					Grow in a warm environment such as a greenhouse, coldframe or growhouse. Chillies can be grown outside or on a windowsill
Radish																	Great for getting children interested in gardening - sowing to plate in just 12 weeks!
Sweetcorn																	Make sure plants are at least 14 inches apart to avoid overcrowding
Tomatoes (indoor)																	Grow in a greenhouse, use a tomato cage for support and feed with a high potash liquid feed such as Tomorite
Tomatoes (outdoor)																	Tumbling varieties are great to grow in hanging baskets. Use supports for tall growing varieties
Potatoes																	Choose from over 30 varieties. Use an organic veg compost to provide essential nutrients
Rhubarb																	Plant crown and forget! Easy to grow; use a rhubarb forcer for tender, sweet stems
Onions																	Grow spring onions from seeds and larger onions from sets
Garlic																	Select from a range of varieties - each with different tastes and strengths
Rocket																	Easy to grow for 'cut and come again' salad leaves



# Did you know?

Most edible plants can benefit from being grown with companion plants which can attract beneficial insects, accumulate extra nutrients or deter pests.

## Hints and tips

- Plant lots of wildlife friendly plants, either amongst your crops or nearby to attract natural helpers. Birds and frogs will eat slugs and snails, hoverflies will eat aphids and bees will pollinate your crops.
- Create a succession of crops to provide something to eat throughout the season.
- Try growing fast crops such as lettuce or radishes between slower-growing crops. It maximises the space available and helps prevent weeds.
- Use tall plants such as peas or sweet corn to create partially shaded conditions for crops prone to bolting, such as rocket, lettuce and spinach.
- Plant herbs throughout the garden and vegetable plot, as most have strongly scented leaves which help repel the unwelcome kinds of wildlife.
- Keep fast growing herbs such as mint under control by planting them in containers or in a dedicated area elsewhere in your garden.

## Grow anywhere

Lots of fruit, veg and salad plants can happily grow in pots, woven bags or upcycled containers that can be located on sunny balconies, window boxes and patios. Think vertically to create new places to grow and unleash your imagination.



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