



GROWN & GATHERED

THE BEGINNER'S ALMANAC

The Grow-Your-Own Year

When to sow, plant & harvest — a whole year on your wall.

		Sow indoors Sow outdoors Plant out Harvest											
SOWN	CROP	J	F	M	A	M	J	J	A	S	O	N	D
☐	 Tomatoes windowsill start												
☐	 Courgettes one plant is plenty												
☐	 Runner beans up a wigwam												
☐	 French beans dwarf, no support												
☐	 Peas sweet straight off the plant												
☐	 Lettuce cut-and-come-again												
☐	 Radishes ready in weeks												
☐	 Beetroot roast or pickle												
☐	 Carrots sow thinly												
☐	 Spring onions squeeze in anywhere												
☐	 Kale sweeter after frost												
☐	 Chard colourful & hardy												
☐	 Basil keep it warm												
☐	 Strawberries plant as runners												

A rough guide for a mild UK garden — your patch knows best, so watch the weather and trust your eyes.
If in doubt, sow a fortnight later.

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