

Growing instructions

Pea 'Sugar Pea Norli'



Variety information

A delicious mangetout with small deep green pods, best picked when 5cm long. Eat whole; no need to remove pods. This is the true French green mange tout. Plants are resistant to 'fusarium wilt' (a fungal soil disease).

Growing instructions

At a glance	7-10 days average germination time 10-14 weeks average time to harvest Grow with 'legume' family for crop rotation; includes beans and asparagus pea		
Getting started	Sow seeds 1.5cm deep. Transplant seedlings when roots show through drainage holes at the bottom of the modular tray. Plant 5-10cm apart in rows 60cm apart. Can also sow direct into soil in 10cm wide rows with seeds 5cm apart		
Looking after	Protect seedlings from birds. Support plants with wire mesh, netting or twiggy sticks. Water in dry weather, especially when flowering starts, and 'mulch' with a layer of compost to conserve soil moisture		
Harvesting	Cut mange-tout when pods are still flat and no longer than 5cm. Keep picking regularly to encourage the plant to produce more pods. The youngest shoot tips and flowers are also edible		
Saving seed	Peas grow from seed, will flower, and produce seed in one year (annual). They very rarely 'cross' (produce a mix) with other plants, so seed can be easily saved by extracting and drying the seed		
Recipe	<p>Mangetout with pea shoots and mint, serves 2 people</p> <table border="0"> <tr> <td style="vertical-align: top;"> <p><i>What you'll need</i></p> <p>250g mangetout 75ml Greek or natural yogurt Grated zest of half a small lemon Dessertspoon of finely chopped mint Sprigs of mint Small handful of pea shoot tips</p> </td> <td style="vertical-align: top;"> <p><i>What to do</i></p> <p>Trim the mangetout and boil gently for two minutes. Drain, refresh with cold water and dry with a kitchen towel Stir lemon zest and finely chopped mint leaves into the yoghurt Pour yoghurt dressing over the mangetout Serve with pea shoots and sprigs of mint</p> </td> </tr> </table>	<p><i>What you'll need</i></p> <p>250g mangetout 75ml Greek or natural yogurt Grated zest of half a small lemon Dessertspoon of finely chopped mint Sprigs of mint Small handful of pea shoot tips</p>	<p><i>What to do</i></p> <p>Trim the mangetout and boil gently for two minutes. Drain, refresh with cold water and dry with a kitchen towel Stir lemon zest and finely chopped mint leaves into the yoghurt Pour yoghurt dressing over the mangetout Serve with pea shoots and sprigs of mint</p>
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Sow												
Harvest												

Growing instructions

Courgette 'Goldie'



Variety information

This strong growing plant produces an abundance of very attractive bright yellow courgettes throughout the summer. Courgettes have a lovely crisper texture and different flavour to green varieties.

Growing instructions

At a glance

3-8 days average germination time
10-14 weeks average time to harvest
Grow with 'cucurbit' family for crop rotation; includes pumpkins and marrows

Getting started

Sow seeds 1cm deep on their side. Transplant seedlings when roots show through drainage holes at the bottom of the modular tray. Plant 60x90cm apart. Choose fertile soil in a sunny sheltered site

Looking after

Protect plants from slugs. Water in dry weather and 'mulch' with a layer of compost to conserve soil moisture. Pinch out growing tips of any trailing stems when 60cm long.

Harvesting

Cut (not pull) 10cm long courgettes. Keep picking to encourage more fruit. Fresh flowers are also edible

Saving seed

Courgettes grow from seed, will flower, and produce seed in one year (an 'annual'). They readily 'cross-pollinate' (produce a mix) with other plants, so if saving seed ensure plants different varieties are isolated

Recipe

Ratatouille, serves 4 people

What you'll need

Two large onions chopped
Three cloves of garlic chopped
Four courgettes, two aubergines, one green and red pepper; all chopped
Two tins of chopped tomatoes
Salt and black pepper
Tablespoon of olive oil

What to do

Fry onions and garlic in oil until transparent
Add peppers; fry until soft
Add courgette and aubergine; fry until softened
Add tomatoes and simmer for 10-15 minutes
Serve

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Sow inside												
Transplant												
Sow outside												
Harvest												

Growing instructions

Kohl Rabi 'Azur Star'

Variety information

Striking bluey purple 'globes' (swollen stem base) with white mild flavoured flesh. These quick maturing plants can be sown outside from spring to mid summer, or in the greenhouse for early/late crops.



Growing instructions

At a glance

7-10 days average germination time
8-12 weeks average time to harvest
Grow with 'Brassica' family for crop rotation; includes cabbage and turnip

Getting started

Sow seeds 0.5cm deep. Transplant seedlings when roots show through drainage holes at the bottom of the modular tray. Plant 15-30cm apart in rows 30cm apart. Choose fertile soil and sunny site. Sow regularly so plants mature over time for a continuous supply of produce

Looking after

Water in dry weather for steady growth. Too little water produces woody flesh. Boost growth with general organic fertiliser if needed

Harvesting

Dig up swollen base stems when still small (golf ball to tennis ball size). Check often as plants mature quickly. Leaves can also be eaten

Saving seed

Kohl Rabi grow from seed one year and flower the next. They readily cross-pollinate (produce a mix) with similar plants nearby so isolate from others by distance or barriers to maintain variety

Recipe

Roasted delight, serves 2 people

What you'll need

Three or four Kohl Rabi
Salt
Black pepper
Tablespoon of olive oil
Other roast vegetables

What to do

Cut Kohl Rabi into discs, chunks or strips
Put in a baking tray at 200°C and drizzle over a little olive oil
Add some salt and pepper to taste
Serve when soft and golden brown with other roasted vegetables

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Growing instructions

Spring Onion

'White Lisbon - Winter Hardy'



Variety information

A quick growing and reliable spring onion. This is best planted several times over the season for a continuous supply. The winter hardy variety extends the season further, growing happily into autumn and beyond by covering with cloches.

Growing instructions

At a glance	14-21 days average germination time 10-14 weeks average time to harvest Grow with 'Alliaceae' family for crop rotation; includes garlic and shallot												
Getting started	Sow seed 5mm deep. Transplant seedlings when roots show through drainage holes at the bottom of the modular tray. Plant 3-5cm apart in rows 10cm apart. Can also sow direct into the soil or a pot. Choose fertile soil in a sunny site												
Looking after	Weeds easily damage plants so carefully remove by hand. Water plants in dry weather for steady growth												
Harvesting	Gently lift bulbs when 1-2cm across and the leaves are still green. Use cloches or a greenhouse to extend the growing season												
Saving seed	Spring onions grow from seed, will flower, and produce seed in one year (an 'annual'). They can 'cross-pollinate' (produce a mix) with other onions, so if saving seed ensure different varieties are isolated												
Recipe	Salad dressing, serves 4-6 people <table border="0" style="width: 100%;"> <tr> <td style="width: 50%;"><i>What you'll need</i></td> <td style="width: 50%;"><i>What to do</i></td> </tr> <tr> <td>One tablespoon of red wine vinegar or balsamic vinegar</td> <td>Mix everything in an old jam jar and shake well, including a pinch of salt and a couple of twists of black pepper</td> </tr> <tr> <td>One teaspoon of whole grain mustard</td> <td>Leave to stand for ten minutes</td> </tr> <tr> <td>One clove of chopped garlic</td> <td>Shake again</td> </tr> <tr> <td>Salt and black pepper</td> <td>Pour over crisp salad onions and other juicy salads</td> </tr> <tr> <td>Four tablespoons of olive oil</td> <td></td> </tr> </table>	<i>What you'll need</i>	<i>What to do</i>	One tablespoon of red wine vinegar or balsamic vinegar	Mix everything in an old jam jar and shake well, including a pinch of salt and a couple of twists of black pepper	One teaspoon of whole grain mustard	Leave to stand for ten minutes	One clove of chopped garlic	Shake again	Salt and black pepper	Pour over crisp salad onions and other juicy salads	Four tablespoons of olive oil	
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Growing instructions

Chard 'Canary Yellow'

Variety information

A beautiful addition to the vegetable or ornamental bed. This strong growing plant produces brilliant yellow stems and leaf ribs, delicious picked in the baby stage for salads or steamed when mature. It's easy to grow and very tasty addition to many dishes.



Growing instructions

At a glance	10-14 days average germination time 8-12 weeks average time to harvest (stems); 3-4 weeks for baby salad leaves Grow with 'Chenopodiaceae' family for crop rotation; includes spinach														
Getting started	Sow seeds 0.5cm deep. Transplant seedlings when roots show through drainage holes at the bottom of the modular tray. Plant 15-30cm apart in rows 30cm apart. Choose fertile soil and or sunny site														
Looking after	Water in dry weather for steady growth. It helps to 'mulch' with a layer of compost over the soil surface to conserve soil moisture. Boost growth with a general organic fertiliser if needed														
Harvesting	Cut off outer leaves and stems when big enough to use. You can also use the younger seedling leaves when 10cm high, cutting the plant to 2.5cm (plants will regrow several times)														
Saving seed	Plants grow from seed one year and flower the next. They readily cross-pollinate (produce a mix) with similar plants (including beetroot) nearby so isolate from others by distance or barriers to maintain variety														
Recipe	<p>Chard paneer, serves 4 people</p> <table border="0"> <tr> <td style="vertical-align: top;"><i>What you'll need</i></td> <td style="vertical-align: top;"><i>What to do</i></td> </tr> <tr> <td>Paneer</td> <td>Fry paneer in little oil until golden brown; remove and drain on a piece of kitchen roll</td> </tr> <tr> <td>Finely chopped green chillies (removing seeds if preferred)</td> <td>Add chillies, cumin and coriander and fry for two minutes</td> </tr> <tr> <td>Two teaspoon of cumin and one of coriander</td> <td>Add tomatoes and fry for two minutes</td> </tr> <tr> <td>Tin of chopped tomatoes</td> <td>Mix in chopped up chard and gently heat until wilted</td> </tr> <tr> <td>Three or four handfuls of chard leaves and stems</td> <td>Add the paneer back in the pan and serve when hot throughout</td> </tr> <tr> <td>Olive oil</td> <td></td> </tr> </table>	<i>What you'll need</i>	<i>What to do</i>	Paneer	Fry paneer in little oil until golden brown; remove and drain on a piece of kitchen roll	Finely chopped green chillies (removing seeds if preferred)	Add chillies, cumin and coriander and fry for two minutes	Two teaspoon of cumin and one of coriander	Add tomatoes and fry for two minutes	Tin of chopped tomatoes	Mix in chopped up chard and gently heat until wilted	Three or four handfuls of chard leaves and stems	Add the paneer back in the pan and serve when hot throughout	Olive oil	
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