

GROW YOUR OWN: The Seasons

GROW YOUR OWN

Simple, Seasonal Growing Guide (March–October)

What's inside: ✓ What to sow ✓ What to plant ✓ Easy jobs to do ✓ Common problems to watch for

No jargon. No overwhelm. Just practical growing 🧑🌾🧑🌾

MARCH – Wake the Garden Up!

What to sow

Outside (if the weather's mild): Broad beans, carrots, parsnips, beetroot, onions, lettuce, radish, peas, spinach, salad leaves, leeks, turnips, summer cabbage & cauliflower

Inside (warm and cosy): Tomatoes, sweet peppers, cucumbers, aubergines, celery

What to plant

- Onion, shallot & garlic sets
- Start *chitting* (sprouting) potatoes

Fruit jobs

- Last chance to plant bare-root fruit trees
- Plant strawberry runners
- Sow alpine strawberry seeds

Easy wins

- Start seeds at home, in the office or greenhouse
- Water regularly – not too wet, not too dry
- Learn how propagators and chitting work

💡 Top tip: Cover soil with fleece or polythene to warm it up before sowing.

APRIL – Growing Gains!

Sow & grow

- Plant early & maincrop potatoes
- Sow beetroot, carrots, leeks, onions, peas & spinach outside
- Sow courgettes, squash & pumpkins indoors
- Pot up tomatoes when true leaves appear

Fruit

- Great time to plant fruit trees & bushes

Easy wins

- Weed little and often
- Thin seedlings early
- Support peas with sticks or mesh
- Protect plants with fleece

 Be kind to insects: Avoid spraying when plants are flowering.

MAY – Ready, Steady... Plant!

Main jobs

- Plant out tomatoes, courgettes & pumpkins (after frost risk has passed)
- Sow runner beans, French beans & cucumbers
- Plant Brussels sprouts for winter harvest

Fruit

- Plant alpine strawberries
- Tidy and tie in fruit trees and raspberry canes

Keep an eye out

- Slugs 
- Flea beetles
- Pigeons 

Easy wins

- Earth up potatoes
- Remove tomato side shoots
- Stake peas and beans

JUNE – Full Steam Ahead!

Keep sowing

- Salad leaves, beetroot, lettuce & radish
- Beans, peas, squash & outdoor cucumbers
- Turnips for autumn harvest

Plant out

- Brassicas
- Peppers (only once frost risk has passed)
- Celery & celeriac

Fruit

- Peg down strawberry runners
- Net cherries & soft fruit

Easy wins

- Water regularly (especially tomatoes)
- Hoe weeds on dry days
- Treat potatoes & tomatoes for blight

JULY – Care & Maintenance

Sow

- Spring cabbage
- Turnips
- Winter salads

Fruit

- Summer prune gooseberries & currants

Easy wins

- Water deeply and consistently
- Stop cordon tomatoes after 4 trusses
- Support heavy fruit branches

 Problems to watch: Aphids, blight, blossom end rot

AUGUST – Harvest Helpers

Sow

- Green manures to improve soil

Fruit jobs

- Plant strawberry runners
- Prune summer raspberries
- Tie in new blackberry canes

✓ Easy wins

- Water during dry spells
- Remove old straw from strawberry beds
- Lift marrows off the soil

SEPTEMBER – Thinking Ahead

Sow & plant

- Spinach, winter lettuce & Oriental veg
- Overwintering onion sets
- Spring cabbage

Fruit

- Harvest apples & pears
- Prune blackcurrants
- Order fruit trees & strawberry runners

✓ Easy wins

- Clear debris after lifting potatoes
- Keep watering squash & pumpkins

OCTOBER – Tidy Up Time

Plant

- Garlic cloves
- Spring cabbages
- Overwintering broad beans

Fruit

- Plant fruit trees
- Take cuttings from currants & gooseberries
- Mulch under trees and bushes

✓ Easy wins

- Clear old plant material
- Dig heavy clay soil
- Hang green tomatoes to ripen

Ready to Harvest

Fruit: Apples, pears, autumn raspberries, melons **Veg:** Potatoes, carrots, beetroot, pumpkins, squash, runner beans

GROW YOUR OWN – MONTHLY CALENDAR (March–October)

MARCH

Wake the Garden Up!

Sow

- **Outside (mild weather):** Broad beans, carrots, parsnips, beetroot, onions, lettuce, radish, peas, spinach, salad leaves, leeks, turnips, summer cabbage & cauliflower
- **Inside:** Tomatoes, sweet peppers, cucumbers, aubergines, celery

Plant

- Onion, shallot & garlic sets

- Start chitting (sprouting) potatoes

Fruit

- Plant bareroot fruit trees (last chance)
- Plant strawberry runners
- Sow alpine strawberry seeds

✅ This month's jobs

- Start seeds at home, office or greenhouse
- Water lightly and regularly
- Warm soil with fleece or polythene

APRIL

Growing Gains!

Sow & plant

- Early & maincrop potatoes
- Beetroot, carrots, leeks, onions, peas & spinach (outside)
- Courgettes, squash & pumpkins (inside)

Fruit

- Plant fruit trees & bushes

✅ This month's jobs

- Weed little and often
- Thin seedlings early
- Support peas
- Protect young plants with fleece

 *Avoid spraying when plants are flowering*

MAY

Ready, Steady... Plant!

Sow & plant

- Plant out tomatoes, courgettes & pumpkins (after last frost)
- Sow runner beans, French beans & cucumbers
- Plant Brussels sprouts

Fruit

- Plant alpine strawberries
- Tie in fruit trees & raspberry canes

⚠ Watch out for

- Slugs 🐌 | Flea beetles | Pigeons 🐦

✅ This month's jobs

- Earth up potatoes
- Remove tomato side shoots
- Stake peas and beans

JUNE

Full Steam Ahead!

Sow

- Salad leaves, beetroot, lettuce & radish
- Beans, peas, squash & outdoor cucumbers
- Turnips for autumn harvest

Plant out

- Brassicas
- Peppers (once frost risk has passed)
- Celery & celeriac

Fruit

- Peg down strawberry runners
- Net cherries & soft fruit

This month's jobs

- Water regularly
- Hoe weeds on dry days
- Treat for blight if needed

JULY

Care & Maintenance

Sow

- Spring cabbage
- Turnips
- Winter salads

Fruit

- Summer prune gooseberries & currants

This month's jobs

- Water deeply and consistently
- Stop cordon tomatoes after 4 trusses
- Support heavy fruit

 Watch for aphids, blight & blossom end rot

AUGUST

Harvest Helpers

Sow

- Green manures (to improve soil)

Fruit

- Plant strawberry runners
- Prune summer raspberries
- Tie in new blackberry canes

This month's jobs

- Water during dry spells
- Remove straw from strawberry beds
- Lift marrows off the soil

SEPTEMBER

Thinking Ahead

Sow & plant

- Spinach, winter lettuce & Oriental veg
- Overwintering onion sets
- Spring cabbage

Fruit

- Harvest apples & pears
- Prune blackcurrants
- Order fruit trees & strawberry runners

This month's jobs

- Clear debris after lifting potatoes
- Keep watering squash & pumpkins

OCTOBER

Tidy Up Time

Plant

- Garlic
- Spring cabbages
- Overwintering broad beans

Fruit

- Plant fruit trees
- Take cuttings from currants & gooseberries
- Mulch under trees & bushes

This month's jobs

- Clear old plants
- Dig heavy clay soil
- Hang green tomatoes to ripen

READY TO HARVEST (VARIES BY MONTH)

Fruit: Apples, pears, melons, autumn raspberries **Veg:** Potatoes, carrots, beetroot, pumpkins, squash, runner beans