

READING FOOD GROWING NETWORK

What to sow in August

It might be summer, but it's time to start thinking about sowing for overwintering. Most crops can be sown outside (earlier in the month) or under cover.



Quick crops

- Radish
- Lettuce, rocket and other speedy salad leaves
- Kohlrabi and turnip

For overwintering under cover

- Lettuce
- Dwarf beans (for autumn cropping)
- Herbs: chervil, coriander, dill, parsley
- Oriental leaves: mustard greens, Chinese cabbage, pak choi, choy sum etc

Direct sow outdoors

- Winter lettuce, claytonia, lambs lettuce, land cress, endive
- Spring cabbage
- Winter radish and mooli
- Perpetual spinach and Swiss chard
- Kale
- Spring onions
- Green manures