

# READING FOOD GROWING NETWORK

## What to sow in July

Hopefully the warm weather will be perfect for quick growing crops!



## Under cover

- Gherkins

## In a seed bed

- Spring cabbage

## Direct sow

Most of these can also be sown under cover

- French and runner beans, as soon as possible
- Peas
- Lettuce, rocket and other salad leaves
- Oriental leaves: mustard greens, Chinese cabbage, pak choi, choy sum etc
- Corn salad, endive and chicory
- Perpetual spinach and Swiss chard
- Florence fennel
- Carrots and beetroot
- Turnips, swede and radish
- Kohl rabi, kale, broccoli raab / rapini
- Salad onions
- Herbs: basil, chives, chervil, coriander, dill, parsley, fennel