

# READING FOOD GROWING NETWORK

## What to sow in September

It's time to be sowing hardy greens and green manures, and the last chance to get some quick crops in before winter.



## For growing under cover

- Lettuce, spinach, chard, kale
- Spring onions
- Mustards: red and green frills, green in snow
- Oriental greens: mizuna, mibuna, pak choi, tatsoi, komatsuna
- Herbs: chervil, coriander, dill, parsley

## For growing outdoors

- Lambs lettuce, winter lettuces, land cress, salad rocket
- Mizuna, komatsuna
- Winter spinach
- Winter radish: mooli, China rose, Black Spanish
- Quick crops: radish, turnips

## Green manures

- Mustard, caliente mustard
- Field beans, forage peas
- Crimson clover, red clover, sweet clover
- Forage rye, Italian ryegrass
- Vetch (winter tares), phacelia