

READING FOOD GROWING NETWORK

What to sow in June

As we pass mid-summer more of the oriental vegetables can be sown as they are less likely to bolt.



Under cover

- Beans and peas
- Lettuce, rocket, mizuna, chard and spinach
- Salad onions
- Brassicas (purple sprouting broccoli, cabbage, calabrese, cauliflower, kale, kohlrabi)
- Beetroot, carrots, turnips, swede and radish
- Herbs: basil, parsley, chives, chervil, coriander, fennel, dill, rosemary, thyme

Outside

- As soon as possible: cucumber, courgette, squash, pumpkins and sweetcorn
- Carrots
- Everything on the “Under cover” list above

After solstice

- Endive and chicory
- Florence fennel
- Oriental leaves: mustard greens, Chinese cabbage, pak choi, choy sum etc