

READING FOOD GROWING NETWORK

What to sow in October

As the harvest comes to an end, it's time to think about over-wintering and indoor crops



Outside

- Plant autumn varieties of garlic, shallot and onion sets
- Sow round seeded peas (especially dwarf varieties that can be protected with a cloche or cover)
- Broad beans
- Corn salad and hardy winter varieties of Lettuce
- Green manure on empty beds and plots

Under cover

- Early-summer cropping cauliflower in a cold frame
- Salad leaves
- Salad onions
- Radishes
- Oriental vegetables: Chinese cabbage, mustard greens, pak choi

On the windowsill

- Salad mixes
- Herbs: basil, dill, chives, parsley
- Sprouting seeds and Microgreens
- Pea shoots and Kale shoots