



Beetroot (Sow mid Spring to mid Summer)

- Sow 2 seeds in one module and cover with a small amount of compost so they are buried about 2.5 cm deep
- Or sow 2 seeds directly in the soil 2.5cm deep at 10cm intervals in rows 30cm apart



Carrot (Sow late Spring to mid Summer)

- Sow outdoors thinly 1.5cm deep in rows 15cm apart directly in sandy soil



Swiss Chard (Sow late Spring to mid Summer)

- Sow thinly 2.5cm deep and 10cm apart in rows 40cm apart directly in the soil



Little Gem Lettuce (Sow early Spring to Summer)

- Sow 2-3 seeds in one module and cover with a small amount of compost so they are buried about 1 cm deep
- Or sprinkle a few seeds into a pot filled with compost and bury them 1cm deep
- Or sow thinly outside into the soil 1cm deep in rows 30cm apart



Wild Rocket (Sow early Spring to late Autumn)

- Sow 5mm deep in rows 20cm apart directly in the soil



Runner Beans (Sow late Spring to early Summer)

- Sow outdoors 5 cm deep once risk of frost has passed
- They need a sturdy support to grow up 2.4m bamboo canes are ideal



Perpetual or Chinese Spinach (Sow early Spring to early Summer)

- Sow 3-4 seeds in one module and cover with a small amount of compost so they are buried about 2 cm deep
- Or sow thinly directly into the soil 2cm deep in rows with 30cm apart



Spaghetti Squash (Sow late Spring to early Summer)

- Sow 1cm deep with seeds planted on their edge to avoid rotting in modules
- For transplanting or sowing seed directly into the soil, dig a hole 30cm square and fill with well rotted compost 50cm apart



Lupins (Sow mid Spring to Summer)

Put seeds in water the day before you are sowing them to help germination. Sow thinly directly onto module trays and cover with compost. When they start to germinate and display leaves, transplant the seedlings in rows into the soil 20cm apart.



Nasturtium (Sow mid to late Spring)

Sow thinly 1cm deep in rows 25cm apart directly into the soil



Woad

see www.woad.org.uk