



MODULE 1

Vegetable crops to grow in school gardens or containers

H – hardy, will survive frost

T – tender, will not survive frost

March (depending on weather)

Vegetable	Grow in a school garden, allotment or containers
Carrots (<i>Short varieties</i>) H	Sow very thinly to avoid thinning; does well in sandy soil.
Lettuce (<i>Mixed leaves, Lamb's lettuce</i>) H	Start in late March and sow thinly a row at a time every 3-4 weeks. Cut as soon as the leaves are a reasonable size (5-6 centimetres) – will provide 2-3 cuts. Use in salads. Suitable for containers.
Onion (<i>White Lisbon, Purplette</i>) H	Sow thinly between other crops. Pull as required and re-sow in July. Suitable for containers.
Peas (<i>Early Onward, Sugar snap</i>) H	Sow in a circle and make a wigwam (H&S). Protect from birds. Suitable for containers.
Potato (<i>Pink fir apple, Charlotte</i>) Chit from mid Feb ready to plant in March H	Plant mid to late March, 15 centimetres deep – in the second tier of a tyre pile. Cover leaves with compost as they emerge and add another tier – max 4 tyre per pile. Suitable for other containers and open garden – draw earth over emerging leaves to protect leaves from late frost.
Summer Cabbage (<i>Greyhound, Minicole</i>) H	Grow in trays to a size ready to plant out about 30 centimetres apart. Plant out after about 4 weeks. Pick off caterpillars. Suitable for containers. Protect from birds.
Tomatoes (<i>Tumbler</i>) T	Sow indoors in trays or small pots. Plant into larger pots as they grow bigger. Suitable for containers. Produces many small tomatoes.

April

Continue to sow seeds as March for lettuce, onions and add radish, rocket.

Beetroot (<i>Detroit, Boltardy, Forono</i>) H	Late April sowing 3-4 centimetres between seeds. Thin to 10 centimetres apart when leaves are big enough to use in salad.
Cabbage, Curly kale (<i>Cavolo Nero</i>)	See cabbage but sow in April for harvest September to January.
French climbing beans (<i>Goldfield, Barlotta Lingua di Fuoco</i>) H	Sow single seed in small pots. Plant out in a sunny spot when no chance of frost. Needs wigwam or staking (H&S cover end of stake to protect eyes).
Swiss chard (<i>Bright Lights</i>) H	Sow 3-4 centimetres between seeds. Thinning can be planted out amongst flower beds.

May

Beans (<i>French - find white, spotted or purple varieties</i>) T	Early May sow single seeds in pots and plant out when well developed (reduces loss from slugs). Do not need staking.
Courgette (<i>Green Bush also yellow or ball shaped varieties</i>) T	Late May sow in pots; plant out in sunny spot when well developed. Keep well watered. One per large pot or 60 centimetres apart in the garden.
Pumpkin (<i>Halloween</i>) T	Late May sow in pots and plant out in a sunny spot – could be grown in large containers. Keep well watered.
Squash (<i>Turk's Turban, Butternut, Onion</i>) T	Late May sow in pots, plant in a sunny spot – will probably get too big for vegetable box. Can grow up fences and hedges.

Between June and September

Continue to sow salad crops. Keep weeding and watering.

September

Continue to sow salad crops, spinach, chard, lamb's lettuce

Onion Sets (<i>Radar, Senshyu Yellow</i>) H	Plant bulbs about 15 centimetres apart. Harvest when leaves yellow/brown and bend over.
Winter Lettuce (<i>Patrick</i>) H	Winter hardy lettuce but might benefit from a cloche over them.

October

Mostly harvesting!

November

Broad bean (<i>Aquadulce, Bunyards Exhibition, The Sutton (dwarf)</i>) H	These will be in flower and producing crop in June/July. Sow 15-20 centimetres between beans. May need support in early summer (H&S). Grow different varieties and compare the yields. Suitable for containers.
Garlic get heads from a seed supplier not supermarket H	Split the head into cloves and plant 15 centimetres apart and 8 centimetres deep. Harvest when leaves turn yellow/brown and bend over.

It is possible to grow purple/white sprouting broccoli, sprouts, kale, cauliflower, calabrese/broccoli, parsnips, celeriac, kohlrabi, leeks, turnips and swedes but these needs a lot of space and a long growing season. Runner beans need 2.5 metre stakes. Sweetcorn needs to be sown in a block so that they can be wind pollinated. They also need to be eaten quickly after harvest for best flavour.

There are other, more exotic alternatives – pak choi, mibuna, mizuna, minutina, komatsuna greens, sweet pepper, aubergine, okra, yin yang beans, adzuki beans.

Annual herbs (basil, coriander) and perennial herbs (thyme, rosemary, sage and salad burnet) that can be grown from seed.

Vegetables, sorting into families

Consider growing one plant family in a raised bed or large container. See also Media Gallery Food Module 11/12.

Peas - French -, broad-, runner beans

Tomatoes - potatoes - aubergine

Carrots - coriander – parsley - parsnip

Cabbage (*different varieties*) - rocket

Onion - chives - garlic - leeks

Courgette - squashes - pumpkin

Lettuce (*different varieties*)

Spinach - chard - beetroot.

Pea family (Leguminaceae)

Potatoes family (Solanaceae)

Carrot family (Apiaceae / Umbelliferae)

Cruciferous plant (Brassicaceae)

Lily family (Liliaceae)

Cucumber family (Cucurbitaceae)

Aster family (Asteraceae)

Goosefoot family (Chenopodiaceae)

A Garden of Nations

An EU garden could include the names for vegetables in different languages; see following website <http://www.hri.ac.uk/enveg/data/raw/vegdata.htm> or Media Gallery Food M10 Vegetable names in different languages.

The school gardening year can begin in September with plants over wintering and being ready for harvest in May, June and July. Read seed packets for more guidance and go to websites of the seed suppliers for detailed information or Food Module 5.