

CHOOSING THE RIGHT PLANTS FOR YOUR VEG PLOT

Here are some ideas to help you decide what to grow this year. If you're growing in a small space, new to growing veg, need some ideas for a shady spot...here are some suggestions:

FIRST TIME GROWERS: These plants are easy to grow and a good way to dip your toe in the water with growing your own food. You won't need to worry about building supports, earthing up or staking. Just plant them in a sunny spot in spring, and water regularly and they should do well.

- Courgettes
- Dwarf Beans
- Lettuces & Salad Leaves
- Spinach & Chard
- Bush Tomatoes
- Beetroot
- Spring Onions
- Herbs
- Strawberries

GROWING IN THE SHADE: If your planting area gets little sunlight, there are still things you can grow. They will need some sunshine, but with a couple of hours of sunshine here and there, you can still expect to get some harvestable crops. Lettuces

- Salad Leaves
- Cauliflower
- Cabbage
- Spinach & Chard
- Coriander, Parsley, Chervil

GROWING IN A SMALL SPACE: These plants can all be planted reasonably close together and take up minimal space while they are growing. Great if you have a couple of smaller raised beds, or planters. You can also grow them in pots and grow bags quite happily.

- Lettuces
- Wild Rocket
- Mizuna & Frills Mustard
- Spring Onions
- Beetroot
- Dwarf Beans
- Baby Sweetcorn
- Carrots
- Leeks
- Peas

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GROWING IN WINDOW BOXES: Choose deep 20cm window boxes, and as long as you fill with good quality compost and water/feed during the summer, you can actually grow a fair bit of food on windowsills or on a balcony.

- Spring Onions
- Wild Rocket, Mizuna & Frills Mustard
- Herbs
- Lettuces
- Coriander, Basil, Parsley, Thyme, Chervil

ON A BUDGET: These plants are ones that will keep cropping for a long time, and give multiple pickings per plant. They're a good way of getting the most bang for the buck!

- Lettuces & Salad Leaves
- Spinach, Chard & Kale
- Mangetout, Peas, Beans
- Tomatoes
- Potatoes
- Chillies
- Courgettes & Squash
- Sprouting Broccoli
- Herbs

MINIMAL FUSS VEG: This selection includes plants that can, for the most part, require very little care once planted. If you mulch heavily when you plant (to help suppress weeds,) and remember to water regularly, you should find they do really well without much input from you.

- Spinach & Chard
- Lettuces & Salad Leaves
- Peas & Beans
- Bush Tomatoes
- Chillies
- Sweetcorn
- Courgettes & Squash
- Leeks
- Beetroot & Carrots

HAPPY VEG GROWING (AND EATING!)