



Vegetable Plants

July 2023

All our vegetable seedlings are grown in peat-free compost.

Lettuce – All are 'cut and come again' varieties. This year we are selling them in a mixture of the different varieties.

SOIL: Choose a sunny or lightly shaded site.

CULTIVATION: Grow 30cm apart and keep well-watered.

HARVEST: Pick outer leaves carefully and regularly, leaving the central foliage to develop for late pickings.

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| <ul style="list-style-type: none">• 'Matador' – A red Lollo Rossa variety. Heavy and voluminous head with deeply cut intense red leaves. |
| <ul style="list-style-type: none">• 'Isira' – Bright blonde oak-leaf variety. The head is voluminous, flat and compact. |
| <ul style="list-style-type: none">• 'Cancan' – Bright green lettuce with a frisee appearance. |

Brassicas - A wide range of leafy vegetables like cabbage, brussels sprouts, broccoli, kale and cauliflower.

SOIL: Brassicas do not like acidic soil so add lime to the soil if necessary, aim for a pH of 6.5-7.5.

They grow best in partial shade, in firm, fertile, free-draining soil. Tread on the soil to remove any air pockets and make the surface very firm.

CULTIVATION: Plant 30cm apart for small cabbages to 75cm apart for brussels sprouts. Keep well-watered until established. Apply a foliar feed in summer.

HARVEST: Summer cabbage, cauliflower and calabrese – July onwards
Brussels sprouts (from bottom of plant upwards), early and late varieties of broccoli, autumn and winter cauliflower and cabbage – October to the following spring.

PESTS: Cabbage white butterfly and birds – protect with net, try CDs on strings or a **scarecrow**. Inspect plants regularly for caterpillars.

- **Brussels Sprouts 'Bedford Darkmar 21'** - Pick from bottom of stem and work upwards. Harvest: mid-August – early April.

Cabbage

- **'Stonehead'** - Early ball head type. Round medium green heads. Good bolting resistance. Harvest: June – September.
- **'Red Drumhead'** - Red Cabbage. Solid round heads. A compact variety suitable for the small plot. Harvest: June – September.

- **Calabrese 'Marathon'** - Produces small, evenly sized buds with good bud colour. Deep well formed heads. Tolerant to downy mildew. Matures after 75 – 95 days.

Cauliflower

- **'Snowball'** – Early variety and also suitable for successional growing. Harvest: July – August.
- **Cauliflower 'Minaret'** – Romanesco variety. Mid-green coloured heads. Harvest: July – August.

- **Purple Sprouting Broccoli** - Popular plant for 'cut and come again' crop. High yielding. Harvest January - May.

Kale

- **Scarlet Kale** – Violet-green leaves, blistered and very curly. Freezing temperatures intensify the colour. Can be used as babyleaf plant.
- **Kale 'Kapral'** – Dark green leaves are heavily blistered and curly. Height: 40 – 60cm. Can be used as babyleaf plant.
- **Kale 'Black Magic'** – Cavalo Nero type. Striking dark, narrow, well-textured leaves.

Squashes - Summer type: Courgettes and Marrows, Winter type: Pumpkin and Butternut Squash

SOIL: Sunny location and fertile moist soil.
Can be grown in large pots (at least 45cm across).

CULTIVATION: Plenty of water is essential, especially when the plants are in flower and then when the fruits have started to swell. Sink a 15cm pot alongside the plants when planting out. Water into this so it goes right down to the roots and does not sit around the neck of the plant, which can lead to rotting.

On sandy or light soil, regular drenches with a liquid feed will help boost production.

HARVEST: Use a sharp knife to sever the fruit from the plant. Harvest summer squashes, marrows and courgettes when the fruit is still quite small – marrows 25cm (10in) long, courgettes 10-12.5cm (4-5in).

For pumpkins, winter squashes and marrows for overwintering, let the fruit mature on the plant and remove before the first frost strikes.

Courgettes

- **'Green Bush'** – Bush variety. Striped fruits. Pick as standard sized courgettes or leave to mature into marrows.

Pumpkin

- **'Jack O' Lantern'** – 4 – 7kg fruit of medium orange colour and sweet flavoured flesh. Perfect for Hallowe'en.

Winter Squash

- **'Hunter'** – Butternut squash developed for the UK market. Produces 6-7 fruits of 1kg each per plant.
- **'Uchiki Kuri'** – 3 – 5 small pumpkin-like fruits per plant with intense orange red skin and golden flesh.

Leeks

SOIL: Sunny, sheltered site in well-drained, fertile soil.

CULTIVATION: Make a hole with a dibber, 20cm deep, drop a seedling into each. Using a watering can, fill the hole with water and allow to soak away - this will draw enough soil over the plant to cover the roots and produce wonderful blanched stems as the leek grows. Plant 15cm apart. Keep plants well-watered, especially during dry spells.

HARVEST: December to April.

- **'Musselburgh'** - winter hardy with white stems.

Beets – Beetroot, Spinach, Chard

SOIL: Sunny spot in moisture retentive soil. Can be grown in containers and troughs.

CULTIVATION: Plant 10cm apart and 30cm between rows. Keep area weed free and water moderately during dry periods.

HARVEST: Pull out beetroots when they are about cricket ball size. For perpetual spinach and chard, pick outer leaves carefully and regularly while they are young and fresh, leaving the central foliage to develop for later pickings.

Beetroot
<ul style="list-style-type: none">• 'Boltardy' – Globe variety. Smooth skin with deep red flesh.

Beet leaf
<ul style="list-style-type: none">• Perpetual spinach – Similar to spinach, but the leaves are larger, darker and fleshier. Use as a 'cut and come again' crop.• Chard 'Bright Lights' – Grows 45cm high with attractive coloured leafstalks. Can be used as an ornamental plant.

Cucumber

SOIL: A sunny spot protected from strong winds and well-drained soil.

CULTIVATION: Pinch out the growing tip when the plant has developed 6-7 leaves. Side shoots will then develop which can be left to trail over the ground or trained up stout netting and where the cucumbers will form. Keep the soil moist by watering around the plant, not on them. Once the first fruits start to swell, feed with a high potash liquid fertiliser. Fertilisation is essential so never remove the male flowers.

HARVEST: Cut the cucumbers when they are 15-20cm long. June to October if grown in the greenhouse or July to September outdoors.

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| <ul style="list-style-type: none">• Lemon – Lemon shaped fruits with light yellow skin and white flesh. |
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Hot Peppers

SOIL: Sheltered, sunny position in moist, fertile soil or in containers. Can be grown indoors on a sunny windowsill and hand pollinated to ensure a good crop - simply move from flower to flower tickling the centre of each one with a fine paint brush.

CULTIVATION: Water chilli pepper plants regularly throughout the growing season and feed weekly with a high potash tomato fertiliser once the first fruits have set. Pinch out the growing tip of the first flowering shoots to promote more branching and therefore increase your harvest. When growing chilli plants it's best to keep them a little on the dry side as stressing them very slightly helps to produce hotter peppers!

HARVEST: Chillies need warmth and long sunny days to ripen properly. Harvest chillies singly by cutting them from the plant. If grown outdoors they must be harvested before the first frosts. If your plants have a lot of flowers/unripe fruit in September, bring the pots indoors and let them ripen on a warm sunny windowsill. Hand pollinate the flowers to ensure fruit.

- **'Cayenne'** – A hot, pungent pepper with long, thin fruits maturing from green to red.
- **'Rocky'** – Jalapeno variety with long, slightly tapered fruits 7 – 9cm long that mature from green to red. Can be harvested when green or left to ripen to red. Hot, pungent flavour.

Sweet Corn

SOIL: Full sun and away for strong wind.

CULTIVATION: Must be grown in a rectangular block 45cm apart to ensure wind pollination of the female flowers. Water well in dry weather.

HARVEST: Test for ripeness when the silks have turned chocolate brown. Pull back part of the sheath and squeeze a couple of grains between thumbnail and fingernail. If a watery liquid squirts out then the cob is unripe. If the liquid is creamy then the cob is just right for picking but if the liquid is thick and doughy you have waited too long!

Carefully twist off the ripe cob from the stem, ideally just before it is required for cooking.

PESTS: Squirrels eat the cobs – build a cage with canes and light netting / chicken wire around the plants including the top.

- **'Swift'** – Heavy cobs of 19cm length and 16 – 18 rows of golden yellow kernels. Superb taste and texture.
- **Golden Gate** – Cobs are 22cm in length and 18-20 rows of grains per cob. Exceptionally sweet flavour. Medium to tall plants.

Edible flowers

Nasturtiums - Great ornamental plant with edible leaves and flowers. Grow in sun or partial shade.

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| <ul style="list-style-type: none">• Tall Single-flowered mixed – Single flowers for climbing up fences or trailing from baskets. |
| <ul style="list-style-type: none">• 'Jewel of Africa' – Variegated foliage. Trailing type for baskets and containers. |
| <ul style="list-style-type: none">• 'Empress of India' – Crimson-scarlet flowers over dark foliage. Compact type. |

Pot Marigolds – Orange edible flowers throughout the summer. Dead-head to prolong flowering. **Bees love it!**

Pansies and Violas – various varieties available throughout the year.