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# Vegetable Planting Chart

Vegetable	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Broccoli (sprouting)				█	█	█						
Calendula				█	█	█						
Carrot				█	█	█	█	█	█	█		
Courgette					█	█	█	█	█	█		
Garlic	█	█	█				█	█	█	█	█	█
Leek	█	█	█	█	█	█	█			█	█	█
Lettuce				█	█	█	█	█	█	█		
Nasturtiums				█	█	█	█	█	█	█		
Peas			█	█	█	█	█	█	█	█		
Potatoes			█	█	█	█	█	█	█	█		
Pumpkin/Squash				█	█	█	█	█	█	█		
Radish			█	█	█	█	█	█	█	█		
Rocket, mizuna	█	█	█	█	█	█	█	█	█	█	█	█
Runner beans				█	█	█	█	█	█	█		
Strawberries			█	█	█	█	█	█	█	█	█	█
Sunflowers				█	█	█	█	█	█	█		
Sweetcorn				█	█	█	█	█	█	█		
Swiss chard				█	█	█	█	█	█	█		
Tomatoes	█	█	█	█	█	█	█	█	█	█	█	█

	<b>Information</b>
	Sow in trays outside, or in a seed bed. Thin if necessary to 7cm between plants. When 8cm high transplant into garden, 60cm apart.
	Good companion plant with edible flowers. Sow directly outside or raise in pots first. Intersperse with vegetables to attract beneficial insects. Allow each plant 20cm space each side.
	Sow directly into soil in rows 15cm apart. Pull out surplus seedlings so carrots are 5cm apart (thinning). Sow early in order to harvest before holidays, or late to harvest after holidays.
	Sow in pots inside (1 per 5cm diameter pot) and plant out late May. Or sow directly outside late May/early June. Space about 60cm apart. Keep cutting the courgettes when small to maintain the supply.
	Plant cloves directly outside 5cm deep and 15cm between plants. Harvest when the leaves start yellowing. See garlic planting section in 'seed sowing' for more information.
	Sow in trays outside or a seed bed, 2cm apart, 5cm between rows. When 20cm high, transplant into the garden 15-20cm apart. When planting, make a hole 15cm deep with a dibber (stick with a point). Drop leek in and water gently. Don't fill up the hole but allow it to fill naturally over time.
	Sow inside in pots/trays and plant out after frosts, or sow thinly into drills outside when warmer. Thin to 15cm apart. Keep sowing at 3-week intervals to ensure an ongoing supply.
	Sow in trays outside or directly into the garden. Intersperse with the vegetables as a companion plant to attract the beneficial insects. It sprawls, so don't plant where it will smother small plants. Flowers and leaves are also edible but have a bit of a bite!
	Sow directly into soil. Sow in double rows allowing 5cm between seeds and 20cm between rows. Give peas support in between rows using parallel strings attached to posts at each end of the row, or netting/mesh, or place sticks with branches in amongst the plants, making sure the branches crisscross. Early sowings will be ready before holidays, later sowings will be ready after the holidays.
	Plant seed potatoes 20cm apart in trenches 15cm deep, in rows 60cm apart. As the potatoes grow, 'earth up' around the shoots to build ridges about 20cm high by 30cm wide. See potato section in 'Seed sowing' for more information.
	Sow seeds in pots inside (1 per 5cm diameter pot) and plant outside in late May/early June, or sow outside at same time. Place plants at least 60cm apart. Allow fruit to ripen in the sun so that skins harden – they will store for many months this way.
	Sow directly into soil in rows 15cm apart or scatter thinly. Thin seedlings to 2.5cm apart. Fast maturing – can be harvested 20-30 days from sowing.
	Sow thinly directly into soil in rows 15cm apart or scatter thinly. Can also be sown in trays first. Sow every few weeks from March for a continual supply. Rocket sown in late summer will survive outside through winter if the weather is not too harsh but tends to go to seed quickly in hot weather.
	Sow inside in pots/deep trays early and plant out later or sow directly into soil when warmer. Sow 15cm apart next to supports such as a double row of canes, tied together at the top, or a wigwam of canes, or strings hanging from a high point. When the beans grow, the plants get heavy so the support needs to be strong.
	Pot up strawberry runners in late summer/early autumn and plant out in their permanent place late autumn or early spring. Keep same plants for 3 years – replacing the 3-year-old ones each year with new runners, in a different place.
	Sow outside in pots late spring or directly in the garden. Intersperse with vegetables to attract the insects, and eat the seeds in the autumn.
	Sow inside in pots or trays, 5cm between seeds. Plant out or sow directly outside later, spacing 35cm between plants in a large block.
	Sow indoors in trays and plant out after frosts, spaced 50cm apart each way. Or sow seeds directly outside at same spacing in groups and thin to 1 seedling when germinated.
	Sow indoors in small pots or trays. Re-pot to larger pots (1 per 10cm pot) with good compost when they have 3–4 good leaves. Transplant outside when soil is warm and risk of frosts has passed. Plant in a sheltered sunny spot and stake firmly. Pinch out the side shoots on the main stem as they grow, to keep 1 main stalk.

- Sowing time – indoors in pots or trays       Planting out into garden at final spacing  
 Sowing time – directly outdoors             Harvesting time

# CD Contents

 <b>Autumn</b>	<b>1. Seed Saving</b>	<ul style="list-style-type: none"> <li>a. Class activity: Seed saving in school</li> <li>b. Worksheet 1: Create your own seed packet</li> <li>c. Worksheet 2: The secret seed code</li> <li>d. Class activity: Seed biodiversity</li> </ul>
	<b>2. Crop Rotation</b>	<ul style="list-style-type: none"> <li>a. Class activity: Introduction to plant families</li> <li>b. Worksheet 3: Vegetable families</li> <li>c. Class activity: Plan a crop rotation in your garden</li> <li>d. Worksheet 4: Crop rotation</li> </ul>
	<b>3. Garden Design</b>	<ul style="list-style-type: none"> <li>a. Class activity: Design your ideal garden</li> <li>b. Worksheet 5: Good or bad design?</li> <li>c. Worksheet 6: Letter to the Headteacher</li> </ul>
	<b>4. Local Food</b>	<ul style="list-style-type: none"> <li>a. Class activity: Fork to fork</li> <li>b. Worksheet 7: Travelling food</li> <li>c. Class activity: Local food and local economy</li> <li>d. Worksheet 8: Supermarkets or local food?</li> </ul>
	<b>5. The Seasons</b>	<ul style="list-style-type: none"> <li>a. Class activity: Seasonal celebrations</li> <li>b. Worksheet 9: Strawberries for Christmas?</li> <li>c. Worksheet 10: Seasonal poetry</li> <li>d. Class activity: Harvest and winter preparation</li> </ul>
 <b>Spring</b>	<b>1. Sowing Seeds</b>	<ul style="list-style-type: none"> <li>a. Class activity: Sowing seeds</li> <li>b. Worksheet 11: What are seeds used for?</li> <li>c. Class activity: Seedling care</li> <li>d. Class activity: Potato planting</li> <li>e. Class activity: Germination conditions</li> <li>f. Worksheet 12: Germination race</li> <li>g. Class activity: Germination rate</li> <li>h. Worksheet 13: Germination rate results</li> </ul>
	<b>2. Companion Planting</b>	<ul style="list-style-type: none"> <li>a. Class activity: Companion planting role-play</li> <li>b. Worksheet 14: Companions in the garden</li> <li>c. Class activity: 'The Three Sisters'</li> <li>d. Worksheet 15: The myth of 'the Three Sisters'</li> </ul>
	<b>3. From Seeds to the Table</b>	<ul style="list-style-type: none"> <li>a. Class activity: Gardeners and Chefs</li> <li>b. Worksheet 16: Chefs' planning sheet</li> <li>c. Worksheet 17: Gardeners' planning sheet</li> </ul>
	<b>4. Nutrition</b>	<ul style="list-style-type: none"> <li>a. Class activity: Good diet = good health</li> <li>b. Class activity: Nutrients in the garden</li> <li>c. Worksheet 18: Charting the nutrients in the vegetable garden</li> </ul>
	<b>5. Plant Lifecycles</b>	<ul style="list-style-type: none"> <li>a. Class activity: Cycle of life</li> <li>b. Worksheet 19: Life cycles game</li> <li>c. Class activity: Parts of a plant</li> <li>d. Worksheet 20: What parts do we eat?</li> </ul>
 <b>Summer</b>	<b>1. Compost</b>	<ul style="list-style-type: none"> <li>a. Information Sheet: Types of compost bin</li> <li>b. Class activity: How to make a happy heap</li> <li>c. Worksheet 21: So now you know about compost!</li> <li>d. Class activity: Compost experiment</li> <li>e. Worksheet 22: Recording the compost experiment</li> </ul>
	<b>2. Soil</b>	<ul style="list-style-type: none"> <li>a. Class activity: How alive is our soil?</li> <li>b. Worksheet 23: What lives in our soil?</li> <li>c. Worksheet 24: The living soil</li> <li>d. Class activity: How acid is our soil?</li> <li>e. Class activity: Making tea for plants</li> <li>f. Worksheet 25: Feeding the soil</li> <li>g. Class activity: Industrial farming and soil</li> <li>h. Worksheet 26: Big farmers and small farmers</li> </ul>
	<b>3. Biodiversity</b>	<ul style="list-style-type: none"> <li>a. Class activity: Food web game</li> <li>b. Worksheet 27: Food chains</li> <li>c. Class activity: Wonderful weeds</li> <li>d. Worksheet 28: Getting to know a weed</li> <li>e. Worksheet 29: Plant names</li> </ul>
	<b>4. Plant Health</b>	<ul style="list-style-type: none"> <li>a. Class activity: Design a healthy garden board game</li> <li>b. Class activity: Pest control</li> <li>c. Worksheet 30: Problems with pests</li> </ul>
	<b>5. Water Conservation</b>	<ul style="list-style-type: none"> <li>a. Class activity: Making a rain gauge</li> <li>b. Worksheet 31: Wisdom with water</li> <li>c. Class activity: Mulching the garden</li> <li>d. Worksheet 32: Saving water in school</li> </ul>
<b>Resources</b>		