

Session 4 – Sowing for winter veg



General Approach

- ❖ In the excitement of harvesting your summer crops, it's often forgotten that July is also a good time for sowing seeds. Sowing seeds in July allows you to fill your space and keep crops going over autumn, winter and early spring, often called the 'hungry gap' due to the lack of produce.
- ❖ By July some crops may have already been harvested (eg radish, lettuce) and you have some gaps in your beds that need filling
- ❖ It's good to leave space in your garden for some winter veg – usually these get planted in July or August, giving enough time for them to grow in the summer warmth and get established before autumn. From then on they should be hardy enough to survive outside all winter, and give you nutrition and vitamins all winter.
- ❖ Some veg may benefit from some protection, eg. Fleece, or polytunnel once winter arrives

What Veg can you sow in July for growing over winter?

- ❖ There are a surprising number of veg you can grow over winter, some of these are specific varieties of veg that are bred to be extra hardy – for instance winter lettuces, winter cabbage, land cress, winter purslane, winter radish, chicory and various Asian greens
- ❖ Kale, Leek, Parsnips and Chard and Brussel Sprouts, usually sown in Spring, will mature in winter.
- ❖ In the second year, kale will produce tasty flower shoots, and an abundance of seeds if you let it.
- ❖ Chicory is best grown as a cool-weather crop, as it can get bitter in hot conditions, so it is often sown quite late for harvest in autumn and winter.
- ❖ Other veg is quick growing and you may be able to fit in a second crop before winter sets in, by sowing in July. For instance, turnips, endive, lettuce, rocket
- ❖ Some examples from Real Seeds include:
 - 'Long White' Conical Winter Turnip
 - Claytonia a.k.a. "Miners Lettuce" or 'Winter Purslane'
 - 'Bianca Riccia da Taglio' Salad Endive
 - Corn Salad (also known as Lambs Lettuce or Mâche)

- Land Cress
- Black Round Winter Radish
- 'Wong Bok' Chinese Green
- 'Bekana' Chinese Salad "Cabbage"
- "Santoh" Quick Yellow Pak Choi
- Mustard Greens
- Chicory
- Mizuna
- Mibuna
- Tatsoi
- 'Tsoi Sim' Japanese Flowering Shoots & Leaves