



WINTER VEGETABLES

There are many vegetables that grow through the winter. You need to start planting winter vegetables in July-September to ensure you have cauliflowers, parsnips and onions, potatoes etc, to take you into February. In fact you can grow your own Christmas dinner! Here are a few to try.

| Type | How to Sow | Care | When to sow | Average time from seed to harvest | When to Harvest | Nutritional Value |
|-------------------------------------------------------------------------------------------------------------------|-----------------------------------|-----------------------------------------------------------|-----------------|-----------------------------------|-------------------------------|---------------------------------------------------------------------------|
|  <p>Purple Sprouting Broccoli</p> | Sow seed in holes 0.5cm deep | Water regularly | May-August | 6-10 months | Sept-Dec | Vitamin C Vitamin A Folate |
|  <p>Brussel Sprouts</p> | Sow seed in holes 0.5cm deep | Brussel Sprouts grow really tall, Support them | May-August | 20 weeks | Sept-Feb | Folate Vitamin C Fibre |
|  <p>Parsnips</p> | Sow seed in rows 1cm deep | Water regularly | May-August | 20 weeks | Oct-March Dig up as needed | Folate Vitamin C Fibre |
|  <p>Winter Cabbage</p> | Sow seed in holes 0.5cm deep | Water regularly Watch out for caterpillars and pigeons | August-November | 32-40 weeks | Oct-Feb | Vitamin C Vitamin A Folate |
|  <p>Leeks</p> | Sow seeds 0.5cm deep in rows 30cm | Pull soil around stems in autumn | May-August | 20-26 weeks | Oct-January | Vitamin A, C, K, B6 Folate, Manganese Fiber, Iron & Magnesium |