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UK vegetable planting calendar

When to sow, plant out and harvest 68 vegetables, fruit and herbs in the UK



	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Roots												
Beetroot		Sow under cover	Sow outdoors	Sow outdoors	Sow outdoors	Sow outdoors	Sow outdoors	Harvest	Harvest	Harvest	Harvest	Harvest
Carrot			Sow outdoors	Sow outdoors	Sow outdoors	Sow outdoors	Sow outdoors	Harvest	Harvest	Harvest	Harvest	
Celeriac	Harvest	Sow under cover	Sow under cover	Sow under cover	Plant out	Plant out				Harvest	Harvest	Harvest
Parsnip	Harvest	Harvest	Sow outdoors	Sow outdoors	Sow outdoors					Harvest	Harvest	Harvest
Radish			Sow outdoors	Sow outdoors	Sow outdoors	Sow outdoors	Sow outdoors	Sow outdoors	Sow outdoors	Harvest		
Turnip			Sow outdoors	Sow outdoors	Sow outdoors	Sow outdoors	Sow outdoors	Sow outdoors	Harvest	Harvest	Harvest	Harvest
Potatoes and tubers												
Jerusalem artichoke	Harvest	Plant out	Plant out	Plant out							Harvest	Harvest
Potato			Plant out	Plant out	Plant out	Harvest	Harvest	Harvest	Harvest	Harvest		
Sweet potato					Plant out	Plant out			Harvest	Harvest		
Cabbages and greens												
Broccoli	Harvest	Harvest	Sow under cover	Sow under cover	Plant out	Plant out	Plant out	Harvest	Harvest	Harvest		
Brussels sprouts	Harvest	Sow under cover	Sow under cover	Sow under cover	Plant out	Plant out				Harvest	Harvest	Harvest
Cabbage	Harvest	Sow under cover	Sow under cover	Sow under cover	Sow outdoors	Sow outdoors	Sow outdoors	Sow outdoors	Plant out	Plant out	Harvest	Harvest
Cauliflower	Harvest	Sow under cover	Sow under cover	Sow under cover	Sow outdoors	Sow outdoors	Sow outdoors	Harvest	Harvest	Harvest	Harvest	Harvest
Kale	Harvest	Harvest	Sow under cover	Sow under cover	Sow outdoors	Sow outdoors	Plant out	Harvest	Harvest	Harvest	Harvest	Harvest
Kohlrabi			Sow under cover	Sow outdoors	Sow outdoors	Sow outdoors	Sow outdoors	Sow outdoors	Harvest	Harvest	Harvest	Harvest
Purple sprouting broccoli		Sow under cover	Sow under cover	Sow under cover	Plant out	Sow under cover	Plant out	Plant out				
Swede	Harvest	Harvest		Sow under cover	Sow outdoors	Plant out	Plant out		Harvest	Harvest	Harvest	Harvest
Peas and beans												
Broad beans	Sow under cover	Sow outdoors	Plant out	Sow outdoors	Harvest	Harvest	Harvest	Harvest		Sow outdoors	Sow outdoors	
French beans				Sow under cover	Sow outdoors	Sow outdoors	Sow outdoors	Harvest	Harvest			
Peas		Sow under cover	Sow outdoors	Sow outdoors	Sow outdoors	Sow outdoors	Harvest	Harvest	Harvest	Sow outdoors	Sow outdoors	
Runner beans				Sow under cover	Sow outdoors	Sow outdoors	Sow outdoors	Harvest	Harvest			
Onion family												
Garlic		Plant out	Plant out			Harvest	Harvest	Harvest	Harvest	Plant out	Plant out	Plant out
Leek	Harvest	Sow under cover	Sow under cover	Sow outdoors	Plant out	Plant out	Plant out		Harvest	Harvest	Harvest	Harvest
Onion	Sow under cover	Sow under cover	Sow outdoors	Sow outdoors		Harvest	Harvest	Harvest	Plant out	Plant out		
Shallots	Sow under cover	Plant out	Plant out	Plant out			Harvest	Harvest		Plant out	Plant out	Plant out
Spring onion			Sow outdoors	Sow outdoors	Sow outdoors	Sow outdoors	Sow outdoors	Sow outdoors	Sow outdoors	Harvest		
Leaves, stems and salads												
Asparagus			Plant out	Plant out	Harvest	Harvest						
Celery			Sow under cover	Sow under cover	Plant out	Plant out	Harvest	Harvest	Harvest	Harvest		
Chard	Harvest	Harvest	Harvest	Sow outdoors	Sow outdoors	Sow outdoors	Sow outdoors	Sow outdoors	Harvest	Harvest	Harvest	Harvest
Cress	Sow under cover	Sow under cover	Sow outdoors	Sow outdoors	Sow outdoors	Sow outdoors	Sow outdoors	Sow outdoors	Sow outdoors	Sow outdoors	Sow outdoors	Sow outdoors
Florence fennel					Sow under cover	Plant out	Plant out	Plant out	Harvest	Harvest	Harvest	
Globe artichoke			Sow under cover	Sow under cover	Plant out	Plant out	Harvest	Harvest	Harvest			
Italian leaves		Sow under cover	Sow outdoors	Plant out	Sow outdoors	Sow outdoors	Sow outdoors	Sow outdoors	Plant out	Sow under cover	Harvest	
Lettuce		Sow under cover	Sow outdoors	Plant out	Sow outdoors	Sow outdoors	Sow outdoors	Plant out	Plant out	Sow under cover	Harvest	Harvest
Little Gem		Sow under cover	Plant out	Plant out	Sow outdoors	Sow outdoors	Sow outdoors	Sow outdoors	Sow outdoors	Harvest		
Pak choi			Sow under cover	Plant out	Sow outdoors	Sow outdoors	Sow outdoors	Plant out	Plant out	Harvest	Harvest	
Rocket			Sow outdoors	Sow outdoors	Sow outdoors	Sow outdoors	Sow outdoors	Sow outdoors	Sow outdoors	Harvest		
Spinach			Sow outdoors	Sow outdoors	Sow outdoors	Harvest		Sow outdoors	Sow outdoors	Harvest	Harvest	
Winter salads	Harvest	Harvest	Harvest	Harvest			Sow outdoors	Plant out	Plant out	Plant out	Harvest	Harvest

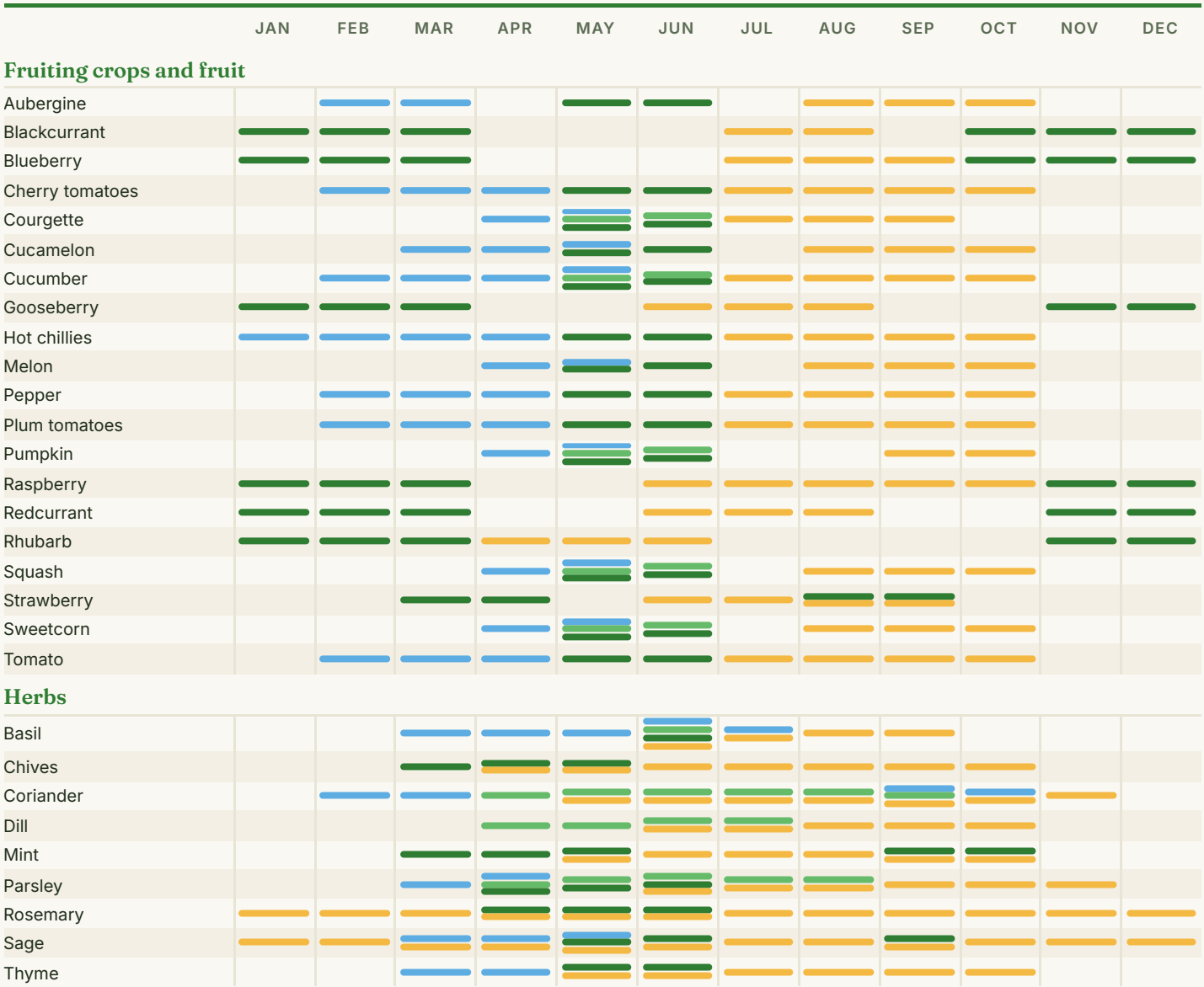
Typical UK timings. Northern, upland and inland rural gardens are often two to four weeks later than southern towns and coasts. Plant tender crops out two to four weeks after your last frost, once nights stay above 7°C, and follow your seed packet.

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UK average frost dates

Approximate dates for typical lowland gardens (Met Office averages). Plant tender crops (tomatoes, courgettes, beans, squash) out two to four weeks after your last frost, once nights stay above 7°C, and protect or lift them before the first.

	LAST FROST	FIRST FROST
South of England	20 April	5 November
Midlands & Wales	5 May	28 October
England (average)	5 May	25 October
North of England	10 May	20 October
Northern Ireland	1 May	25 October
Scotland	15 May	10 October

Rounded to the nearest week. Hills, inland valleys and frost pockets are later. Find yours by postcode at growmyveg.com/frost-dates

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