

# What grows when?

You can start your pupils gardening at any time of the year. Here is our guide\* to what plants grow when to help you plan your school's growing season.

Vegetable	Sow date	Harvest	Additional note
Cos lettuce	March to July	May to October	Cos is the easiest lettuce to grow. Sowing to cropping is about an 8 - 14 week process.
Herbs (for example parsley, basil and rocket)	Indoor: all year round. Outdoor: March to July	Indoor: all year Outdoor: June to beginning of November	Harvest on a cut-and-come-again basis. If you choose to grow herbs outdoors, mint should be sown in pots as this is an aggressive plant.
Cress	All year	All year	Cress will grow in about 6 - 8 days. True cress has a hotter taste than the shop bought punnet variety.
Radish	March to September	Mid April to early November	Ready to eat in 4 - 6 weeks. To allow for a staggered crop, sow in succession every fortnight.
Peas	March to June	June to October	It's about a 12 week process from sowing to crop.
Tomatoes	Mid February to end of April	July to mid October	Plant outside only when there is no risk of frost. Harvest as soon as the tomatoes are ripe for the best flavour and a bigger harvest.
Potatoes	Early to mid March	No earlier than June - when the potato foliage starts to turn yellow and die.	From planting to harvest is about 13 weeks.
Carrots	Mid February to July	Early June to October	Best to sow carrot seeds over a period of time to ensure a staggered crop.
Mung beans	All year	All year	Must be washed twice daily to ensure the crop does not go mouldy or does not ferment. Growing time is about 6 days.
Spring onions	March to early June	Should be harvested when they are about 45cm high.	Sow spring onions at about three week intervals to ensure a staggered crop.

\*Please note these are a guide and times may vary depending upon variety, growing facilities and location.

