

# SOWING WITH SEVERINE



Our Community Garden Coordinator Severine is here to help your garden to grow over the summer months. Here, she shares her tips and guidance on growing fruit, vegetables and flowers.

## GENERAL TIPS

- Reuse material as much as possible. You can grow in raised beds, straight into the soil, and in containers both outdoors and indoors.
- The information on most seed packets are for growing in the UK generally, not just for Scotland.
- This advice is for growing in Scotland.
- Avoid sowing all the seeds at once. Who wants to eat 100 radishes a week?
- It is better to space sowing every two or three weeks, from April to the end of September, for fast-growing crops (including radishes, spinach, chard, rocket, mizuna, mustard cress, lettuce, spring onions, turnips, coriander.) Sow vegetables that you like to eat.
- Label your planting; It's better to grow in straight lines to recognise rows.
- Water regularly when there is no rain fall.
- Weed regularly once your plants are established.
- Experiment and have fun!

## HANDY TIP

Garden centres are closed to the public but a lot of them are still taking orders. Ordering with neighbours will keep the cost of delivery down or may enable you to be eligible for free delivery.



Need some help?

Email Severine on [severine.monvoisin@edinburghcollege.ac.uk](mailto:severine.monvoisin@edinburghcollege.ac.uk)



## GROWING IN CONTAINERS

- Containers need to be pierced at the bottom to allow water to drain.
- Any containers can be reused for growing.

## GROWING OUTDOORS

- For growing root vegetables such as carrots and parsnips you will need deep containers.
- Salads, spinach, chard and herbs can be grown in shallower containers.
- Mint is always better grown on its own.
- Combine plants using the companion planting principle.
- Sow flowers to attract pollinators for your vegetables which grow from flowers (tomatoes, courgettes, beans, peas, strawberries etc.).

## GROWING INDOORS

- Plants grown indoors need light to grow. Placing your container next to a window will be perfect. However, make sure to turn down your radiator if it is located under the window as heat will dry soil very fast and seeds will struggle to germinate and survive.
- Vegetables that don't grow from flowers are best for growing indoors (salad leaves, herbs, radishes, root vegetables in deep containers etc.).
- Vegetables which produce flowers first will need to have the pollination process recreated. For this use a clean small pinset, collect pollen from the flowers to mix with the others... be careful – there's no guarantee of success!



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# HEALTH & SAFETY



## REUSING PLASTIC CONTAINERS

- Plastic containers marked #1, #2, #4, #5 are judged to be saved for food growing. Any other numbers are not.
- Wash your hands after gardening regardless of whether you were wearing gloves or not.
- Always water the compost bags before using them to avoid breathing in micro dangerous particles.
- Be sure to warm up and stretch while gardening, especially if you're on your knees for prolonged periods or are lifting objects.

## REUSING PALLETS

- Only pallets marked with IPPC are chemical-free and safe to use.
- These three pallet treatments are safe: HT (heat treated), KD (kiln dried) and DB (debarked).



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# MARCH/APRIL



## SOW FLOWERS OUTDOORS

- 🌿 Calendula
- 🌿 Cornflower
- 🌿 Cosmos
- 🌿 Nigella
- 🌿 Sunflower
- 🌿 Candytuft
- 🌿 Chrysanthemum
- 🌿 Cut flowers

## VEGETABLES TO SOW

### OUTDOORS

- 🌿 Lettuce
- 🌿 Rocket
- 🌿 Spring Onions
- 🌿 Shallots
- 🌿 Onions
- 🌿 Radishes
- 🌿 Parsnips
- 🌿 Carrots
- 🌿 Pakchoi

### INDOORS

- 🌿 Peas
- 🌿 Kale
- 🌿 Cabbages
- 🌿 Tomatoes
- 🌿 Courgettes
- 🌿 Autumn Leeks
- 🌿 Chives
- 🌿 Chamomile
- 🌿 Parsley

## ENCOURAGING THE WILDLIFE

How about building a hedgehog house? A feeding station and some tunnels for the hedgehog to move around your garden safely?

[Click here for ideas.](#)

## TIPS

Have a look at [Companion Planting](#) to help protect and grow better quality crops.



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# MARCH/APRIL



## SOW FLOWERS OUTDOORS

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## VEGETABLES TO SOW

### OUTDOORS

- Beetroots
- Potatoes
- Chard
- Spinach
- French beans
- Chives
- Chervil
- Coriander

- Sorrel

### INDOORS

- Sweetcorn
- Hyssop
- Lovage

## ENCOURAGING THE WILDLIFE

Collect leaves, sticks, bamboo, cans and newspapers to build a bee and insect hotel. You can use a clean metal can for this. You can attach your hotel to trees or balconies.

[Click here for ideas.](#)

If you have fruit trees you could start a tree guild system to protect and encourage better growth.

## TIPS

Don't forget to turn your compost.

[Learn about compost here.](#)



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# MAY



## SOW FLOWERS OUTDOORS

- 🌿 Calendula
- 🌿 Cornflower
- 🌿 Cosmos
- 🌿 Nigella
- 🌿 Sunflower
- 🌿 Candytuft
- 🌿 Chrysanthemum
- 🌿 Cut flowers

## VEGETABLES TO SOW OUTDOORS

- 🌿 Winter Leeks
- 🌿 Carrots
- 🌿 Turnips
- 🌿 Peas
- 🌿 Beetroots
- 🌿 Potatoes
- 🌿 Chard
- 🌿 Spinach
- 🌿 French beans
- 🌿 Chives
- 🌿 Chervil
- 🌿 Coriander
- 🌿 Sorrel
- 🌿 Green leaves
- 🌿 Land cress
- 🌿 Oriental greens

## ENCOURAGING THE WILDLIFE

Build bird baths reusing materials.  
[Click here to find out how.](#)

### TIPS

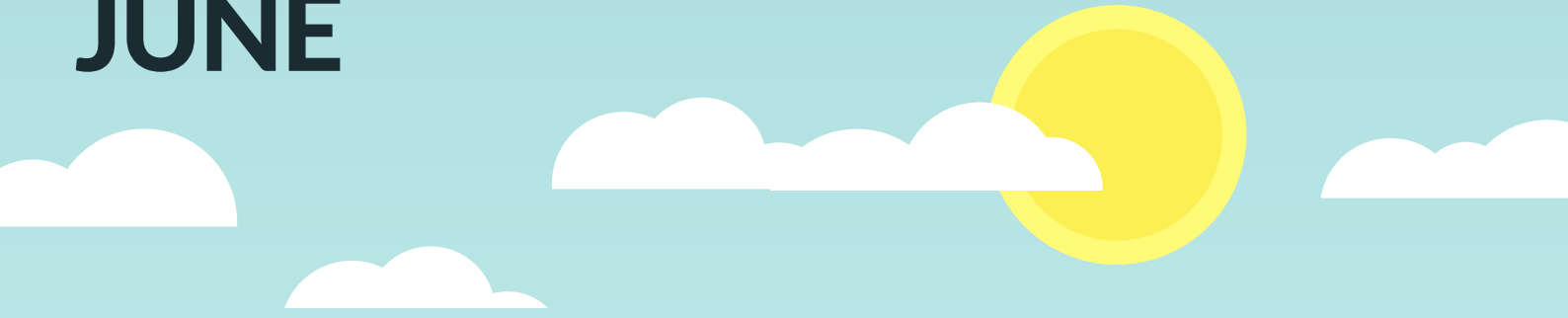
Plants grown in pots indoors can be transplanted on cloudy/rainy days. Make sure you give them plenty of water.



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# JUNE



## SOW FLOWERS OUTDOORS

You should start to see some growth in your flowers this month.

## VEGETABLES TO SOW OUTDOORS

-  The same vegetable as the previous months.
-  Sow every two to three weeks.
-  Weed between your rows.
-  Protect your crops.

## ENCOURAGING THE WILDLIFE

Sit outside and observe and record what you see and hear - insects, animals, invertebrates and flowers.

If you have fruit trees you could start a fruit tree guild to encourage better growth and protect your crops. The tree guild can be started whenever.

[Click here to find out how to design a fruit tree guild.](#)

### TIPS

You should be able to start to harvest your spring onions, radishes, strawberries and artichokes.



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