

Contents and Sowing/planting instructions

Runner Beans (Scarlet Emperor) ave. 15 seeds

Sow: April/May

Harvest: July onwards

Sow, one seed per 75mm pot in a greenhouse or on a window ledge and plant out after all risk of frost has passed. Can also be sown direct from mid-May, 2 seeds per station. Support with canes or netting, water well and pick regularly.

Leek (Musselburgh Improved) ave. 100 seeds

Sow: March/April

Harvest: October-March

Sow 15mm deep. Thin as required. Transplant to final growing position in June/July, taking care to avoid damage to the roots. Water into 15cm deep holes 15cm apart with 30cm between rows. Blanch during autumn by drawing soil up around the stems.

Courgette (Black Beauty) ave. 10 seeds

Sow: April-June

Harvest: June-October

Sow 12mm deep, 2 seeds to a 75mm pot in a greenhouse or on a window sill. Plant out after all risk of frost has passed, allowing 60cm between plants.

Can also be sown direct from mid-May, 2 seeds per station, thinning to strongest seedling. Water and feed regularly.

Cauliflower (All The Year Round) ave. 100 seeds

Sow: March-June

Harvest: June-October

Sow in a well prepared seedbed 15mm deep. When large enough, transplant to growing position, allowing 45-60cm between plants.

Can also be sown under glass Sept-Oct and then transplanted out in April.

Beetroot (Boltardy) ave.60 seeds

Sow: March-July

Harvest: June onwards

Sow successionally from March to July, 25mm deep with rows 30cm apart. Sow thinly, then thin out to 10cm apart.

Suitable for freezing or store away from frost in sand or soil. Do not let them get too large.