

Gardening Step by Step



Vegetable Gardening Guide and Calendar for UK Gardens

Use this vegetable gardening guide to plan your plot, maximise harvests, and enjoy home-grown veg from early spring through to winter.

The Vegetable Guide

This guide is designed to be read alongside our handy monthly vegetable gardening calendar for UK gardens, which sets out the key sowing, planting and harvesting information on a month-by-month basis. **The calendar starts on page 9 below.**

Aubergine (Eggplant)

Sow: Jan–Apr (Indoors)

Transplant: May–Jun (after last frost)

Harvest: Aug–Oct

Start seeds indoors in late winter, pot on, and plant out in late May; fruits ripen in late summer.

Broad Beans

Sow: Feb–Apr (direct outdoors); optional: Oct–Nov (outdoors for overwintering)

Transplant: Apr (for Feb indoor sowings)

Harvest: May–Aug

Autumn-sown broad beans are harvested from late spring, while spring sowings crop in summer.

French/Runner Beans

Sow: Apr (start indoors); May (sow indoors or outdoors); Jun–Jul (sow outdoors)

Transplant: late May–Jun (for earlier indoor starts)

Harvest: Jul–Oct

Tender beans are sown after the last frost – often indoors in April or direct from May – and picked from mid-summer until autumn frost.

Beetroot

Sow: Mar–Apr (under cloches or indoors); Apr–Jun (direct outdoors)

Transplant: Apr–Jun (for module-sown seedlings)

Harvest: Jul–Nov

Sow successionally from spring into early summer. Harvest young beets from mid-summer onwards; later sowings can remain in ground into autumn.

Broccoli (Calabrese)

Sow: Feb–Mar (indoors); Apr–May (outdoors seedbed)

Transplant: Apr–Jun

Harvest: Jun–Sep

Early sowings under cover in late winter for summer heads; later spring sowings yield through late summer. Harvest main heads in summer, with side shoots into early autumn.

Broccoli – Purple Sprouting

Sow: Apr–Jun (indoors or seedbed)

Transplant: Jun–Aug

Harvest: Feb–Apr (the following year)

Sow in spring/early summer for an overwintering crop; transplant to final position by mid-summer and harvest the sprouting spears in late winter and early spring.

Brussels Sprouts

Sow: Feb–Mar (indoors); Mar–Apr (outdoors seedbed)

Transplant: May–Jun

Harvest: Oct–Dec

Sow early to mid-spring, transplant in early summer, and harvest mature sprouts in autumn and through winter holidays.

Cabbage – Spring

Sow: Jul–Aug (outdoors seedbed)

Transplant: Sep–Oct

Harvest: Mar–May (next year)

Spring cabbages are sown mid-late summer and overwintered; harvest as spring greens in early spring.

Cabbage – Summer

Sow: Feb–Apr (indoors or seedbed)

Transplant: Apr–Jun

Harvest: Jun–Sep

Sow late winter to early spring for cutting in summer.

Cabbage – Red/Savoy (Autumn/Winter)

Sow: Apr–May (indoors/seedbed)

Transplant: Jun–Jul

Harvest: Oct–Dec

These hardy cabbages are sown in spring and harvested in autumn/winter once heads firm up.

Carrots

Sow: Mar–Jul (direct outdoors)

Transplant: n/a (always direct)

Harvest: Jun–Oct

Succession-sow carrots from early spring through mid-summer. Early varieties sown under fleece in March can be lifted by June, and later sowings harvested through autumn.

Cauliflower – Summer

Sow: Jan–Mar (indoors); Apr (outdoors)

Transplant: Apr–May

Harvest: Jun–Sep

Early summer cauliflower can be started indoors in winter and later plantings direct in spring. Harvest heads in mid-summer.

Cauliflower – Winter

Sow: May–Jun (seedbed)

Transplant: Jul–Aug

Harvest: Nov–Feb (following year)

Winter cauliflower varieties are sown in late spring and planted out mid-summer to head up in winter (often Jan/Feb).

Celeriac

Sow: Feb–Mar (indoors)

Transplant: May–Jun

Harvest: Oct–Dec

Long-season root: sow in late winter under heat, plant out after frost, and lift in autumn after about 5+ months growth.

Celery

Sow: Mar–Apr (indoors)

Transplant: May–Jun

Harvest: Jul–Oct

Sow indoors in spring, transplant after frost; cut stalks through late summer into autumn.

Chard (Swiss Chard)

Sow: Mar–Jul (outdoors)

Transplant: n/a (usually direct)

Harvest: Jun–Nov

Sow from spring to mid-summer for a continuous harvest of leaves through summer and autumn.

Courgettes/Marrows (Zucchini)

Sow: Apr (indoors); May–Jun (outdoors)

Transplant: May–Jun

Harvest: Jul–Sep

Start seeds indoors in April or direct sow once [soil](#) warms in May. Harvest young fruits all summer.

Cucumbers

Sow: Mar–Apr (indoors); May (outdoors for ridge cucumbers)

Transplant: May–Jun

Harvest: Jul–Sep

Greenhouse cucumbers are sown in spring indoors; outdoor varieties can be sown/direct-seeded from late May. Pick fruits through summer.

Garlic

Sow: Oct–Nov (outdoors); or Feb–Mar

Harvest: Jun–Jul (next year for autumn plantings)

Garlic is typically planted in autumn in the UK for a mid-summer harvest. Spring planting is possible but yields smaller bulbs.

Kohl Rabi

Sow: Apr–Jul (outdoors)

Transplant: n/a (usually direct)

Harvest: Jun–Oct

Succession sow from spring to mid-summer; harvest tennis-ball-sized bulbs a couple of months after sowing.

Melons

Sow: Apr (indoors)

Transplant: Jun

Harvest: Aug–Sep

Require warmth – sow indoors in mid-spring, plant out or under cloches in early summer; ripe by late summer.

Kale

Sow: Apr–Jun (outdoors)

Transplant: Jun–Aug

Harvest: Sep–Feb

Sow mid-spring to early summer and transplant to grow on for autumn and winter picking; very hardy, provides greens into winter.

Lettuce

Sow: Feb–Sep (outdoors or under cloche)

Transplant: optional (can transplant starts)

Harvest: Apr–Oct

Can be sown in succession almost year-round in the UK. Early spring and late autumn sowings may need protection; harvest throughout the growing season as needed.

Leeks

Sow: Jan–Mar (indoors or seedbed)

Transplant: Jun–Jul

Harvest: Sep–Feb

Early sowing (indoors in January) gives leeks to harvest in autumn; main sowing in mid-spring and transplanting in early summer yields winter leeks.

Onions

Sow: Jan–Feb (indoors); Mar–Apr (outdoors)

Transplant: Apr–May (for indoor starts)

Harvest: Aug–Sep

Seed is sown very early under cover (or sets planted in spring); transplant seedlings by late spring. Bulbs mature late summer. Note: Japanese overwintering onion varieties are sown in Aug/Sept for June harvest.

Spring Onions (Scallions)

Sow: Mar–Sep (outdoors)

Harvest: May–Oct (as needed once they reach usable size)

Successional sowings of spring onions can be made from early spring to late summer for a continuous harvest through the growing season.

Parsnips

Sow: Mar–Apr (direct outdoors)

Transplant: n/a (always direct)

Harvest: Oct–Feb

Sow in spring as soil warms – seeds are slow to germinate. Harvest from autumn; leave some in ground to sweeten until mid-winter.

Peas – 1st Earlies

Sow: Feb–Mar (indoors or early outdoors); Mar–Apr (outdoors); or Oct–Nov (autumn sow for overwintering)

Transplant: Mar–Apr (if started inside)

Harvest: May–Jun

The earliest pea varieties are sown in late winter to early spring for late-spring picking. Hardy varieties can also be autumn-sown in mild areas to overwinter and crop in spring.

Peas – 2nd Earlies/Maincrop

Sow: Mar–Jun (outdoors, successive sowings)

Transplant: Apr–May (for any indoor starts)

Harvest: Jun–Aug

Maincrop peas are sown throughout spring for summer harvests. Later sowings (into June) provide peas into August.

Peppers (Sweet & Chilli)

Sow: Jan–Mar (indoors)

Transplant: May

Harvest: Jul–Oct

Long-season crop: sow seeds in winter under heat, plant out after frost (late May), and pick ripe peppers from mid-summer to autumn.

Potatoes

Plant (tubers): Feb (first earlies under protection), Mar–Apr (maincrop, outdoors)

Harvest: Jun–Jul (earlies); Aug–Oct or later (maincrop)

Seed potatoes are traditionally planted outdoors around March (later in cold areas).

Early varieties can be planted under cloches in late Feb and harvested about 10–12 weeks later, while maincrop potatoes are usually lifted in late summer/early autumn.

Maincrops can be left in the ground until December.

Pumpkins/Squash

Sow: Apr (indoors); May (outdoors)

Transplant: May–Jun

Harvest: Sep–Oct

Tender squashes are started in mid-spring under cover and moved outside after frost, or direct-sown once soil is warm. Harvest in early autumn before heavy frost.

Radish

Sow: Feb–Sep (outdoors)

Harvest: Apr–Oct (usually ~4–6 weeks after sowing)

Fast-growing: sow small amounts every few weeks from late winter through summer.

Winter radish (mooli) can be sown in late summer for autumn harvest.

Rocket (Arugula)

Sow: Mar–Sep (outdoors)

Harvest: Apr–Oct

Sow successionally in spring and summer. Can also sow in late summer under cover for autumn use. Pick young leaves continuously.

Spinach

Sow: Feb–May (outdoors); Aug–Sep (outdoors, for autumn crop)

Harvest: Apr–Jun, and Sep–Nov

True spinach is sown in the cool of spring and again in late summer, as it tends to

bolt in mid-summer heat. Spring sowings crop in late spring; fall sowings yield in autumn.

Sweet Corn

Sow: Apr (indoors); May (outdoors)

Transplant: May–Jun

Harvest: Aug–Sep

Start under cover in April or direct sow in late May once frost has passed. Cobs are ready in late summer when the silks turn brown.

Turnips

Sow: Mar–Jul (outdoors); and/or Aug (for autumn harvest)

Harvest: May–Oct

Turnips for summer use are sown in spring and harvested young. For a late-season crop, sow in late summer and harvest in autumn before heavy frost.

Swedes (Rutabaga)

Sow: May–Jun (outdoors)

Harvest: Oct–Jan

Swedes are sown in late spring and develop over summer to be harvested in autumn and winter (they are very frost-hardy).

Tomatoes

Sow: Jan–Mar (indoors)

Transplant: May (after frost)

Harvest: Jul–Oct

Tomatoes are started indoors in late winter/early spring, hardened off and planted out in late May. Pick ripe tomatoes throughout summer into fall until weather cools.

The Vegetable Gardening Calendar

January

Sow Indoors:

- Aubergine (Eggplant)
- Leeks
- Onions
- Peppers (Sweet & Chilli)
- Tomatoes

Harvest:

- Brussels Sprouts
- Kale
- Leeks
- Parsnips (left in ground from previous year)
- Purple Sprouting Broccoli (if mild winter)

February

Sow Indoors:

- Aubergine (Eggplant)
- Celeriac
- Lettuce (under cloche)
- Onions (finish indoor sowing)
- Peppers (Sweet & Chilli)
- Tomatoes

Sow Outdoors:

- Broad Beans
- Peas (1st Earlies, under protection)
- Radish (under cloche)
- Spinach (under protection)

Plant Outdoors:

- Garlic (if autumn planting was missed)
- Potatoes (first earlies, under protection)

Harvest:

- Brussels Sprouts
- Kale
- Leeks

- Parsnips (from previous year)
- Purple Sprouting Broccoli (starting late February)

March

Sow Indoors:

- Aubergine (Eggplant) – final sowings
- Broccoli (Calabrese)
- Brussels Sprouts
- Cabbage (Summer)
- Celery
- Cucumbers (greenhouse varieties)
- Leeks
- Lettuce
- Onions (outdoors)
- Peppers (Sweet & Chilli) – final sowings
- Tomatoes – final sowings

Sow Outdoors:

- Beetroot (under cloches)
- Broad Beans
- Carrots (under protection)
- Chard
- Lettuce
- Onions (sets and seeds)
- Parsnips
- Peas (1st Earlies and 2nd Earlies/Maincrop)
- Radish
- Rocket
- Spinach
- Spring Onions
- Turnips

Transplant:

- Peas (if started in pots)

Harvest:

- Cabbage (Spring)
- Kale
- Leeks

- Parsnips (from previous year)
- Purple Sprouting Broccoli

April

Sow Indoors:

- Broccoli (Calabrese)
- Brussels Sprouts
- Cabbage (Red/Savoy)
- Cabbage (Summer)
- Courgettes/Marrows (Zucchini)
- Cucumbers
- French/Runner Beans
- Melons
- Pumpkins/Squash
- Sweet Corn

Sow Outdoors:

- Beetroot
- Broad Beans – final sowings
- Broccoli (Purple Sprouting) – start sowing
- Carrots
- Chard
- Kale
- Kohl Rabi
- Lettuce
- Peas (all types)
- Radish
- Rocket
- Spinach
- Spring Onions
- Turnips

Transplant:

- Beetroot (from modules)
- Broccoli (Calabrese) – early sowings
- Cabbage (Summer) – early sowings
- Cauliflower (Summer) – early sowings

- Lettuce
- Onions (from indoor starts)
- Peas (if started in pots)

Harvest:

- Cabbage (Spring)
- Lettuce (early sowings under protection)
- Purple Sprouting Broccoli
- Radish (early sowings)
- Spring Onions (overwintered)

May

Sow Indoors:

- Cauliflower (Winter)
- French/Runner Beans

Sow Outdoors:

- Beetroot
- Broccoli (Purple Sprouting)
- Carrots
- Cauliflower (Winter)
- Chard
- Courgettes/Marrows (Zucchini)
- French/Runner Beans
- Kale
- Kohl Rabi
- Lettuce
- Peas (2nd Earlies/Maincrop)
- Pumpkins/Squash
- Radish
- Rocket
- Spinach
- Spring Onions
- Swedes
- Turnips

Transplant:

- Broccoli (Calabrese)
- Brussels Sprouts – early sowings

- Cabbage (Summer)
- Cauliflower (Summer)
- Celeriac
- Celery
- Courgettes/Marrows (Zucchini)
- Cucumbers
- Lettuce
- Onions (from indoor starts)
- Peppers (Sweet & Chilli)
- Tomatoes (after frost)

Harvest:

- Asparagus
- Cabbage (Spring) – final harvests
- Lettuce (early sowings)
- Peas (autumn-sown, early varieties)
- Purple Sprouting Broccoli – final harvests
- Radish
- Rocket
- Spring Onions

June

Sow Outdoors:

- Beetroot – final sowings
- Broccoli (Purple Sprouting) – final sowings
- Carrots
- Chard
- Courgettes/Marrows (Zucchini) – final sowings
- French/Runner Beans – final sowings
- Kale
- Kohl Rabi
- Lettuce
- Peas (2nd Earlies/Maincrop) – final sowings
- Radish
- Rocket
- Spring Onions

- Turnips

Transplant:

- Broccoli (Purple Sprouting)
- Brussels Sprouts
- Cabbage (Autumn/Winter)
- Cauliflower (Winter)
- Celeriac – final plantings
- Celery – final plantings
- Leeks
- Lettuce
- Melons (under protection)

Harvest:

- Beetroot (early sowings)
- Broad Beans (autumn-sown)
- Cabbage (Summer) – earliest varieties
- Carrots (early sowings)
- Cauliflower (Summer) – early varieties
- Lettuce
- Peas (early varieties)
- Potatoes (first earlies)
- Radish
- Rocket
- Spring Onions

July

Sow Outdoors:

- Carrots – final sowings
- Chard – final sowings
- Kohl Rabi – final sowings
- Lettuce
- Radish
- Rocket
- Spring Onions
- Turnips

Transplant:

- Broccoli (Purple Sprouting) – final plantings

- Brussels Sprouts – final plantings
- Cabbage (Autumn/Winter) – final plantings
- Cauliflower (Winter) – final plantings
- Kale
- Leeks – final plantings

Harvest:

- Beetroot
- Broad Beans
- Broccoli (Calabrese)
- Cabbage (Summer)
- Carrots
- Cauliflower (Summer)
- Celery – early varieties
- Courgettes/Marrows (Zucchini)
- Cucumbers
- French/Runner Beans
- Garlic
- Kohl Rabi
- Lettuce
- Onions (Japanese overwintering varieties)
- Peas
- Potatoes (early varieties)
- Radish
- Rocket
- Spring Onions
- Tomatoes – starting

August

Sow Outdoors:

- Cabbage (Spring) – for next year
- Lettuce – final sowings
- Radish
- Rocket – final sowings
- Spinach (for autumn crop)

- Spring Onions – final sowings
- Turnips – for autumn harvest

Transplant:

- Cabbage (Spring) – for next year

Harvest:

- Beetroot
- Broccoli (Calabrese)
- Cabbage (Summer)
- Carrots
- Cauliflower (Summer)
- Celery
- Courgettes/Marrows (Zucchini)
- Cucumbers
- French/Runner Beans
- Kohl Rabi
- Lettuce
- Melons
- Onions (main crop)
- Peas (maincrop)
- Potatoes (second earlies)
- Radish
- Rocket
- Spring Onions
- Sweet Corn
- Tomatoes

September

Sow Outdoors:

- Lettuce (under protection) – final sowings
- Rocket (under protection) – final sowings
- Spinach (under protection) – final sowings
- Spring Onions (under protection) – final sowings

Transplant:

- Cabbage (Spring) – for next year

Harvest:

- Beetroot

- Broccoli (Calabrese) – final harvests
- Cabbage (Summer) – final harvests
- Carrots
- Cauliflower (Summer) – final harvests
- Celery
- Courgettes/Marrows (Zucchini)
- Cucumbers – final harvests
- French/Runner Beans
- Kale – starting
- Kohl Rabi
- Leeks – starting
- Lettuce
- Onions – store maincrop
- Potatoes (maincrop)
- Pumpkins/Squash – starting
- Radish
- Rocket
- Spinach (autumn crop)
- Spring Onions
- Sweet Corn
- Tomatoes

October

Sow Outdoors:

- Broad Beans (for overwintering in mild areas)
- Garlic
- Peas (hardy varieties, for overwintering in mild areas)

Transplant:

- Spring Cabbage (final chance)

Harvest:

- Beetroot – lift final crop
- Carrots – main harvest, store or leave some in ground
- Celeriac
- Celery – final harvests
- Chard
- French/Runner Beans – final harvests

- Kale
- Leeks
- Lettuce – final outdoor harvests
- Parsnips – start lifting
- Pumpkins/Squash – before frost
- Rocket – final harvests
- Spinach – autumn crop
- Swedes – start lifting
- Tomatoes – final harvests
- Turnips

November

Sow Outdoors:

- Broad Beans (in mild areas, for overwintering)
- Garlic – final planting

Harvest:

- Brussels Sprouts – starting
- Cabbage (Autumn/Winter)
- Carrots (stored in ground)
- Celeriac
- Chard – final harvests
- Kale
- Leeks
- Parsnips
- Spinach (autumn crop) – final harvests
- Swedes

December

Harvest:

- Brussels Sprouts
- Cabbage (Autumn/Winter)
- Carrots (stored in ground)
- Celeriac – final harvests
- Kale
- Leeks

- Parsnips
- Swedes
- Winter Cauliflower – starting