



# WHAT TO SOW & GROW IN *July*



Direct outdoors

- ✓ Sow basil in pots to keep on your patio and bring indoors for the winter
- ✓ Make your last direct sowings of beetroot so they mature in time for autumn
- ✓ There is still time to direct sow fast maturing carrots
- ✓ Sow hardy corn salad and land cress directly into drills for crops throughout autumn and winter
- ✓ Make more sowings of french beans and runner beans if space allows - this will extend your cropping season well into the autumn. Expect to harvest late August
- ✓ Now is the perfect time to start your first direct sown crops of pak choi as they are prone to bolting if grown before mid-summer
- ✓ Direct sow turnips 1cm deep. Thin seedlings to 15cm apart and keep moist. Expect to start harvesting in 60 days
- ✓ Spring cabbages should be sown now in a well prepared seed bed for transplanting later
- ✓ Continue to sow spring onions in drills outdoors for a quick crop to add to salads and stir fries
- ✓ Add colour to your stir fries with radicchio

# WHAT TO DO IN THE GARDEN



- ✓ Summer can still throw out some surprises. Make sure tall plants and climbers are well supported in case of bad weather
- ✓ Water at dusk when water droplets on foliage is less likely to cause damage by heating on the leaves
- ✓ Dead head sweet peas regularly to keep them blooming. Water daily in dry weather
- ✓ Train cucumber stems upwards instead of trailing over the ground, to make the most of the space available. Tie in their long stems to vertical wires or a wigwam of poles
- ✓ Pick runner beans regularly to prevent them becoming stringy and to make room for developing pods. Leaving mature pods on the plant can prevent further flowers forming and reduce your crop