

Onions and Shallots

These are generally grown from sets (small bulbs). Press them into the soil, with the top showing. 150mm apart and 300 mm between rows. Plant February to April. Onions can be grown from seed, sow in seed trays in January and plant outside in March. A regular feed of liquid fertilizer or manure will increase the size of the bulb. In August ripening will start. In September lift the bulbs and allow to dry, store in a dry airy place for use throughout the Winter.

Radishes

An easy crop that can be tilled between other crops as they will have matured before the others need the space. Till in 15mm deep drills and pull when ready.

Marrows and Courgettes

These need lots of compost or manure incorporated into the soil and to be kept moist. Purchase plants from April to June and plant out about 1m apart when frosts have passed. Choose a bush variety for easy maintenance. Should you grow a trailing type, pinch out the leaders once they reach 450mm long. Once fruiting has started, regular picking will be required to ensure a continuous supply and avoid monstrous sized fruit. Let the insects get to the flowers to pollinate them.

Cabbages & Brassicas

Best planted in partial shade, in firm, free-draining, fertile soil. Use a cabbage collar to protect from root fly and help to retain moisture & suppress weeds. Space the plants according to the instructions on the seed packet as this will vary according to type & size.



Watering

Regular watering of greenhouse crops is essential to avoid stressing the plants and leaving them open to pest and disease attack. Consider installing automatic watering. Ask us for any advice. White fly can be a nuisance - use biological control, as we do.

Covering Veg

Earlier crops can be obtained in the garden by using tunnel or bell cloches to warm the soil and protect plants from the weather. Home grown veg appears 2-3 weeks earlier.

All you need at Bow

Bow Garden Centre have all you will need for successful vegetable growing. Composts, manure, bulbs, seeds and plants, canes, portable greenhouses, cloches, liquid feeds, fertilizers, lime and lots more.



Vegetable plants available in season from Bow Garden Centre include:

- Marrows
- Squash
- Courgette
- Aubergine
- Cauliflower
- Cucumbers
- Pumpkins
- Peppers
- Runner Beans
- Peas
- Sweet Corn
- Lettuce - many varieties
- Tomatoes - many varieties
- Melon
- Brassicas
- Plus lots more!

Advice

Ask us for any further advice. We are happy to help.

www.bowgardencentre.co.uk

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Grow Your Own Vegetables

A basic how to guide...



You will need:



Growing vegetables is both relaxing and rewarding. You don't need vast spaces, a small plot, raised beds or even pots will provide the pleasure and taste of home grown vegetables.

Bow Garden & Aquatic Centre

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Potatoes

We have many seed potatoes in stock, & they grow in most soil types, though ideally well-drained, with manure. First chit them (place in egg boxes on windowsill to develop sprouting). Plant in rows from late Feb - March c.30cm apart & 10cm deep. Bank up earth as roots appear above the soil, feed with potash & water. Harvest from June - Sept.



Parsnips

Light, crumbly soil is best, rich soil will cause the roots to fork so the ideal is to till them in soil manured for a previous crop. Parsnips are grown from seed sown in March/April when the soil has warmed. Sow in 15mm deep drills 300mm apart. When the seedlings appear, thin to 125mm apart. Do not keep parsnip seed as it will fail to germinate after a year. Parsnips have a better flavour once a frost has been on them. They can be left in the ground and lifted throughout the Autumn and Winter as required.

Carrots

Light, crumbly soil is required. Till seed in 15mm deep rows, 200mm between rows. Once the seedlings are large enough, thin to 50mm apart. When just large enough to eat, thin to 100mm apart, the surplus are super to eat as young carrots. The remaining can be left to mature or pulled as young carrots. Start to sow carrots in April and continue until June for a continuous supply of baby carrots. Main crop carrots should be lifted before frosts and stored. On heavy ground, sow stump-rooted carrots. Carrot root fly can be a problem - to avoid infestation cover carrot rows with environmesh or plant next to rows of onions. A real treat is carrots tilled in July /August in a cold greenhouse for baby carrots for Christmas.

Broad Beans

Work compost into the soil and add lime if the soil is acidic. Broad beans are tilled directly into the soil using a dibber or trowel. Sow in a double row 200mm between each seed, place the seed 50mm deep and cover. Winter sowing can be made in November and left to overwinter, Spring sowing can start as early as February if weather conditions are good. When about 600mm tall, support using canes. Blackfly can be a problem, so once sufficient flowers have formed, pinch out the tips, also encouraging early maturity. Pick the beans when young.

Runner Beans

Runner beans require a rich soil. To get the best results dig out two parallel trenches at least 600mm apart and 300mm deep. Place a good layer (100-150mm) of compost or manure in the bottom, add lime and back fill with soil. Insert 2.4m canes at 750mm intervals in each row and tie the rows together halfway up using a horizontal tied cane. Plant one seed 75mm deep at the foot of each cane in mid May, or use plants grown in a greenhouse and plant out once all frosts have passed. Runner beans fail to grow if they dry out, so water in dry conditions - a mulch will help to conserve water. Runners can also be grown wigwam fashion with an obelisk. Pick regularly to encourage continuous cropping.

Dwarf French Beans

These grow similarly to broad beans, but are not frost hardy, so the first sowing should be made at the end of April or under cloches in late March. Successive sowings can be made at monthly intervals until July, providing beans into September.

Peas

Dig out a shallow trench about 200mm deep and 200mm wide and place manure in the bottom with a good sprinkling of lime, cover with soil to 20mm from the top. Place each pea 20mm apart. Covering with soil. The plants will require climbing support - use posts and pea netting. Harvest when young. Start sowing at the end of March and continue fortnightly until June for a continuous supply

Lettuces and Salad Leaves

Lettuces are an easy crop and without too much trouble can be available all Summer. Indoor sowing can be made in March and planted out in April. This can continue right through the Summer. Alternatively lettuces can be sown in 15mm deep drills in the garden once the temperature rises, Lettuces prefer well composted soil with added lime. Frequent sowing is essential to ensure a steady supply. It is often more convenient to purchase a pack of ten plants each month for planting out. Some lettuces will heart up and are cut only once, others will grow again once cut.

Tomatoes

The earliest and most reliable crop is obtained from tomatoes grown in a greenhouse or polytunnel. Seed is germinated in heat during March and the seedlings pricked out into 9cm pots. When 150mm high they can be transferred to their permanent quarters, this can be grow-bags (2 or 3 per bag), individual pots or direct to the soil. Tomatoes are gross feeders so require rich soil and lots of liquid feed during the season. To get best fruits, plants should be stopped (top pinched out) once the 4th or 5th truss (side shoot) has set. Cordon (upright) varieties will need the side shoots removing on a regular basis. Each plant will need staking with a cane, and tie in regularly. Let the bees and insects in to pollinate the flowers for heaviest crops. Some varieties of tomatoes will fruit outside but don't plant out until all frosts have passed. There are many varieties of tomato and it can be fun to try several different ones.

Here at Bow we have many different varieties so you can purchase plants ready for growing on.

