










What, when and how much we eat

Feeds about 6 people – all year

Picked and eaten fresh from the garden	
Stored as harvested	
Dried	
Frozen	
Bottled	

			J	F	M	A	M	J	J	A	S	O	N	D
POTATOES	Early – half under glass	4 x 12' row												
	Second Early	1 x 12' row												
	Main crop	12 x 12' rows (96 plants)												
TOMATOES	Greenhouse	20 plants												
CARROTS	Early	2 x 12' rows												
	Maincrop	3 x triple 12' rows under enviromesh												
PARSNIPS		6 x 12' rows												
BEETROOT	Early	1 x 12' row												
	Globe type	2 x 12' rows												
	Long rooted type	2 x 12' rows												
SPINACH	Leaf beet	4 x 12' rows												
SALSIFY		1 x 12' rows												
LEEKS		12 x 12' rows												
ONIONS	Japanese Sets	5 x 12' rows												
	Main Crop (Sets)	10 x 12' rows												
SHALLOTS		3 x 12' rows												
GARLIC		4 x 12' rows												
COURGETTES (& MARROWS)		12 plants												
PUMPKINS & SQUASHES		24 plants												
CUCUMBER	Outdoor	8 plants												
SWEET CORN		100 plants												
BROAD BEANS	Greenhouse	24 plants												
	Outside	4 x 12' row												
PEAS	Mangetout - greenhouse	30 plants												
	Early Maincrop	4 x 12' row												
BEANS FOR DRYING		6 x 12' row												
FRENCH BEANS		1 x Double 12' row												
RUNNER BEANS		1 x Double 12' row												
CABBAGE	Winter varieties	4 x 12' rows (32 plants)												
	Spring varieties	6 x 12' rows (60 plants)												
CAULIFLOWER		4 x 12' rows (24 plants)												
BROCCOLI		3 x 12' rows (18 plants)												
BRUSSEL SPROUT		2 x 12' rows (12 plants)												
KALE		2 x 12' rows (12 plants)												
LETTUCE	Valdor - over wintering variety													
	Summer lettuces													
SALADINI														
SORRELL	perennial													