

Now



GROW
SOME!

VEGETABLE PLANNER

FOR NORTHERN EUROPEAN TEMPERATE CLIMATES

VEGETABLE PLANNER

KEY:

+	- All-Year-Round
*	- Last Month to plant Now
**	- Only Month to plant
(May)	- Last Month to plant

Planting dates can vary depending on plant variety.

This planner is only a guide. Check individual seed packets for Variety-Specific planting information.

There is space to write more in the tables.

Heading Definitions:

Sow Indoors

Sow seed under cover; in a green house/polytunnel/cold frame, into compost in pots or trays.

Sow Outdoors

Sow the seed directly into prepared ground outdoors.

Plant Out

Transfer the plants which have been propagated (grown from seed/bulb/cutting into small plants) from undercover greenhouse/cold frame) into the growing site outdoors

JANUARY

Sow Indoors	Sow Outdoors	Plant Out	Harvest
Spinach (Feb) Onion (Feb)	N/A	Garlic (Mar)	Artichoke, Jerusalem* Broccoli, Calabrese (Spring) Brussel Sprout (Mar) Broccoli (Spring) Cauliflower (Feb) Chard, Rainbow/Swiss† Kale (March) Lettuce† Parsnip (Mar) Spinach† Swede*

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FEBRUARY

Sow Indoors	Sow Outdoors	Plant Out	Harvest
Artichoke, Globe (Mar) Broad Beans* Cabbage, Summer (Mar) Brussels Sprouts (Mar) Carrots (Mar) Celery (April) Chard, Rainbow/Swiss (Aug) Cucumber Lettuce† Leeks Onion* Pea & Mange tout* Pepper and Chillies (Mar) Radish (Mar) Shallots* Spinach* Tomato (Apr) Turnip	Onion (late Feb) Potato (late Feb) Parsnip (mid Feb – Jul) Pea & Mange tout (late Feb – Sept) Spring Onion (late Feb – Sept) Broad Beans (mid Feb – Mar)	Garlic (Mar)	Broccoli (Spring) Brussels Sprouts (Mar) Cauliflower* Chard, Rainbow/Swiss† Kale (Mar) Leeks (Apr) Lettuce† Parsnip (Mar) Spinach†

MARCH

Sow Indoors	Sow Outdoors	Plant Out	Harvest
Aubergine (Apr) Beetroot (May) Broccoli (Mar) Brussels Sprouts* Cabbage (Summer) Carrot* Cauliflower* Celeriac (mid Apr) Celery (April) Chard, Rainbow/Swiss (Aug) Courgettes (Apr) Cucumber (May) Kohl Rabi (mid Apr) Lettuce† Marrow (Apr) Pepper and Chillies* Radish* Tomato (Apr) Turnip (Apr)	Globe Artichoke (April) Broad Beans* Beetroot (June) Broccoli (May) B. Sprouts (April) Cabbage, Summer (mid March–May) Cabbage, Winter (mid March –May) Carrot (June) Leeks (mid Apr) Lettuce†	Jerusalem Artichoke (April) Broad Beans * Garlic* Lettuce (May) Onion (Apr) Pea & Mange tout (May) Spinach*	B. Sprouts Cabbage (Spring) Chard, Rainbow/Swiss† Kale* Lettuce† Parsnip* Spring Onions Spinach† Squash (Oct)

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APRIL

Sow Indoors	Sow Outdoors	Plant Out	Harvest
Aubergine* Beans, French incl Dwarf & Climbing* Beans, Runner (May) Beetroot (May) Celeriac (up to mid April)* Celery* Chard, Rainbow/Swiss (Aug) Courgettes* Kale (mid Apr – Jul) Kohl Rabi (up to Mid Apr)* Lettuce† Marrow* Pumpkin (May) Squash (May) Sweetcorn* Tomato* Turnip*	Globe Artichoke* B. Sprouts* Cabbage, Summer (May) Cabbage, Winter (May) Carrot (June) Cauliflower (May) Chard, Rainbow/Swiss (Aug) Courgettes (may) Kale (mid Apr-July) Kohl Rabi (July) Leeks (up to Mid Apr)* Lettuce (July) Marrow (May) Onion* Parsnip* Radish (Aug) Shallots (May) Spring Onions (Sept) Swede (Mid Apr – June) Sweetcorn (Mid Apr – May) Turnip (Aug)	Artichoke, Jerusalem (up to mid Apr)* Celeriac (mid Apr – June) Kohl Rabi (mid Apr – May) Leeks (July) Lettuce (May) Onion* Pea & Mange tout (May) Potato (Mid May) Shallots*	Cabbage, Spring (May) Chard, Rainbow/Swiss† Leeks Lettuce† Radish (Sept) Spinach† Spring Onions (Oct)

MAY

Sow Indoors	Sow Outdoors	Plant Out	Harvest
Beans, Runner* Beetroot* Chard, Rainbow/Swiss (Aug) Cucumber* Kale (Jul) Lettuce† Pumpkin* Squash (inc Butternut) *	Beans, French inc Dwarf & Climbing (Jul) Beans, Runner (Jul) Beetroot (Jun) Broccoli* Cabbage, Winter* Cabbage, Summer* Carrot (June) Cauliflower* Celery (mid May – June) Chard, Rainbow/Swiss (Aug) Courgettes* Lettuce (Jul) Marrow* Pea (early Jun) Radish (Aug) Shallots* Spinach (Sept) Spring Onions (Sept) Swede (Jun) Sweetcorn* Turnip (Aug)	Aubergine (Jun) Beans, French (mid May – Jun) Beans, Runner (mid May – Jun) B. Sprouts (Jun) Cabbage, Summer (Jul) Cabbage, Winter (mid May-Jul) Cauliflower (Jul) Celeriac (Jun) Celery (Jun) Courgettes (mid May – Jun) Cucumber (Jun) Kohl Rabi* Lettuce* Marrow (mid Jun) Pea & Mange tout* Pepper & Chillies (June) Potato (up to mid May)* Pumpkin (mid May – Jun) Squash inc B.nut (late May-Jun) Sweetcorn (mid May – Jun) Tomato (mid May – Jun)	Cabbage, Spring* Chard, Rainbow/Swiss† Garlic (Sept) Lettuce† Pea & Mange tout (Jun) Radish (Sept) Spinach* Squash (Oct) Turnip (mid May – Sept)

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JUNE

Sow Indoors	Sow Outdoors	Plant Out	Harvest
Cabbage, Winter* Chard (Aug) Kale (Jul) Lettuce†	Beans, French & Mange tout (Jul) Beans, Runner (Jul) Beetroot* Chinese Cabbage (Aug) Carrot* Celery* Chard, Rainbow/Swiss (Aug) Cucumber** Kale (Jul) Kohl Rabi (Jul) Kohl Rabi (Jul) Lettuce† Pak Choi (Aug) Pea & Mange tout (up to early June)* Pumpkin** Radish (Aug) Spinach (Sept) Spring Onions (Sept) Squash incl B.Nut** Swede* Turnip (Aug)	Artichoke, Globe** Aubergine* Beans, French inc Dwarf and Climbing* Beans, Runner* Broccoli (Jul) B. Sprouts* Cabbage, Winter (Jul) Cabbage, Summer (Jul) Cabbage, Chinese (Aug) Cauliflower (Jul) Celeriac* Celery* Courgettes (up to mid June)* Cucumber* Kale (Jul) Leeks (Jul) Marrow (up to mid June)* Pak Choi (Aug) Pepper & Chillies* Pumpkin* Squash inc B.Nut * Sweetcorn* Tomato*	Artichoke, Globe (Oct) Aubergine (Sept) Beans, Broad (Aug) Carrot (Oct) Chard, Rainbow/Swiss† Cucumber (mid Jun-Sept) Garlic (Sept) Lettuce† Onion (Sept) Pak Choi (Nov) Pea & Mange tout*/(Sept) Potato (Oct) Radish (Sept) Spinach† Spring Onions (Oct) Tomato (Oct) Turnip (Dec)

JULY

Sow Indoors	Sow Outdoors	Plant Out	Harvest
Cabbage, Spring (end Aug) Chard, Rainbow/Swiss (Aug) Kale* Lettuce†	Beans, Franch inc Dwarf and Climbing* Beans, Runner* Cabbage, Spring (Aug) Cabbage, Chinese (Aug) Chard, Rainbow/Swiss (Aug) Kale* Kohl Rabi* Lettuce (Sept) Pak Choi (Aug) Radish (Aug) Spinach (Sept) Spring Onions (Sept) Turnip (Aug)	Broccoli* Cabbage, Summer* Cabbage, Winter* Cauliflower* Kale* Leeks* Pak Choi (Aug)	Artichoke, Globe (Oct) Aubergine (Sept) Beans, Broad (Aug) Beans, French (Sept) Beans, Runner (Sept) Beetroot (Sept) Cabbage, Summer (Oct) Carrot (Oct) Celery (Nov) Chard, Rainbow/Swiss† Courgettes (Sept) Cucumber (Sept) Garlic (Sept) Kohl Rabi (mid Jul-Nov) Lettuce† Marrow (Sept) Onion (Sept) Pak Choi (Nov) Pea & Mangetout (Sept) Pepper & Chilli (Sept) Potato (Oct) Radish (Sept) Shallots (Sept) Spinach† Spring Onions (Oct) Squash inc B.Nut (Oct) Tomato (Oct) Turnip (Dec)

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AUGUST

Sow Indoors	Sow Outdoors	Plant Out	Harvest
Cabbage, Spring* Chard, Rainbow/Swiss (Aug) Lettuce†	Cabbage, Spring* Cabbage, Chinese* Chard, Rainbow/Swiss (Aug) Lettuce (Sept) Pak Choi* Radish* Spinach (Sept) Spring Onions (Sept) Turnip*	Cabbage, Spring (Oct) Cabbage, Chinese* Pak Choi*	Artichoke, Globe (Oct) Aubergine (Sept) Beans, Broad* Beans, French (Sept) Beans, Runner (Sept) Beetroot (Sept) Cabbage, Summer (Oct) Carrot (Oct) Cauliflower (Feb) Celeriac (Dec) Celery (Nov) Chard, Rainbow/Swiss† Courgettes (Sept) Cucumber (Sept) Garlic (Sept) Kohl Rabi (Nov) Lettuce† Marrow (Sept) Onion (Sept) Pak Choi (Nov) Pea & Mangetout (Sept) Pepper & Chilli (Sept) Potato (Oct) Radish (Sept) Shallots (Sept) Spinach† Spring Onions (Oct) Squash inc B.Nut (Oct) Sweetcorn (Oct) Tomato (Oct) Turnip (Dec)

SEPTEMBER

Sow Indoors	Sow Outdoors	Plant Out	Harvest
Lettuce†	Lettuce* Spinach* Spring Onions*	Cabbage, Spring (Oct)	Artichoke, Globe (Oct) Aubergine* Beans, French* Beans, Runner* Beetroot* Cabbage, Summer (Oct) Cabbage, Winter (Nov) Cabbage, Chinese (Nov) Carrot (Oct) Cauliflower (Feb) Celeriac (Dec) Celery (Nov) Chard, Rainbow/Swiss† Courgettes* Cucumber* Garlic* Kale (March) Kohl Rabi (Nov) Leeks (April) Lettuce† Marrow* Onion* Pak Choi (Nov) Parsnip (Mar) Pea & Mangetout* Pepper & Chilli* Potato (Oct) Pumpkin (Oct) Radish* Shallots* Spinach† Spring Onions (Oct) Squash inc B.Nut (Oct) Swede (Jan) Sweetcorn (Oct) Tomato (Oct) Turnip (Dec)

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OCTOBER

Sow Indoors	Sow Outdoors	Plant Out	Harvest
Lettuce†	Beans, Broad (Late-Nov)	Garlic (March)	Artichoke, Globe* Broccoli, Calabrese (Spring) Cabbage, Summer * Cabbage, Winter (Nov) Cabbage, Chinese (Nov) Carrot * Cauliflower (Feb) Celeriac (Dec) Celery (Nov) Chard, Rainbow/Swiss† Kale (March) Kohl Rabi (Nov) Leeks (April) Lettuce† Pak Choi (Nov) Parsnip (Mar) Potato* Pumpkin* Spinach† Spring Onions* Squash inc B.Nut* Swede (Jan) Sweetcorn* Tomato* Turnip (Dec)

NOVEMBER

Sow Indoors	Sow Outdoors	Plant Out	Harvest
Lettuce†	Beans, Broad*	None (Garlic if weather is mild)	Artichoke, Jerusalem (Jan) Broccoli, Calabrese (Spring) Cabbage, Winter* Cabbage, Chinese* Cauliflower (Feb) Celeriac (Dec) Celery * Chard, Rainbow/Swiss† Kale (March) Kohl Rabi* Leeks (April) Lettuce† Pak Choi* Parsnip (Mar) Spinach† Swede (Jan) Turnip (Dec)

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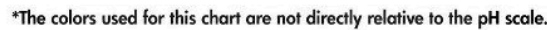
DECEMBER

Sow Indoors	Sow Outdoors	Plant Out	Harvest
Lettuce†	None	None (Garlic if weather is mild)	Artichoke, Jerusalem (Jan) Broccoli, Calabrese (Spring) Brussel Sprouts (Mar) Cauliflower (Feb) Celeriac* Chard, Rainbow/Swiss† Kale (March) Leeks (April) Lettuce† Parsnip (Mar) Spinach† Swede (Jan) Turnip*

Some Natural Insect Repellent Tips

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Most high protein foods (such as meat, fish, poultry and eggs), nearly all carbohydrates (including grains, breads and pastas) and fats are "acid-forming." And most fruits and vegetables are "alkaline-forming." Although citrus fruits, such as oranges and grapefruit, contain organic acids and may have an acid taste, they are not acid-forming when metabolized, leaving no acid residue. Similarly, Free Form Amino Acids are not acid-forming, but instead offer unique buffering capabilities to the body to help offset acidic wastes.



Note that a food's acid or alkaline-forming tendency in the body has nothing to do with the actual pH of the food itself. For example, lemons are very acidic, however the end-products they produce after digestion and assimilation are very alkaline so lemons are alkaline-forming in the body. Likewise, meat will test alkaline before digestion but it leaves very acidic residue in the body so, like nearly all animal products, meat is very acid-forming.

12x happy

Increase Serotonin

by: author@mindcovey.com.au



Leafy Greens
boost Energy



Walnuts - Omega 3
brain nutrients



Smiling releases
happy hormones



Epsom Salt
Calmig



Oats
Eases Depression



Cayenne Peppers
Relieves Depression



Water Hydration
More Energy less stress



Green Smoothie
Energy boost, zap!



Almonds
Brain Food-Magnesium



Walking - clears mind
boosts serotonin



Banana
boosts serotonin



Spend time
in nature

Soaking and Sprouting Chart

Seed, Nut or Grain	Soak Time	Sprout Time
 Alfalfa	8 hours	2-5 days
 Almonds	8-12 hours	12 hours
 Barley	6-8 hours	2 days
 Broccoli	8 hours	3-6 days
 Buckwheat	6 hours	2 days
 Chickpeas	12 hours	12 hours
 Clover	4-6 hours	4-5 days
 Kamut	7 hours	2-3 days
 Pumpkin Seeds (hulled)	8 hours	1 day
 Quinoa	2 hours	1 day
 Watercress	4-6 hours	4-5 days
 Sesame seeds	8 hours	1-2 days
 Sunflower Seeds (hulled)	2 hours	2-3 days
RawForBeauty		

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Alkalize & Live

A healing pH diet is 70 to 80 percent ALKALINE foods - 50% RAW for the enzymes & vitamins, limit sweet fruits, dried fruits are good; and 20 to 30% ACID foods, one half protein - 10% of total. Work slowly toward alkalizing and build on vegetables (salads & steamed vegetables). Limit sweets, yeast, white flour, bread, pasta. You don't need meat every day. Plan ahead for that junk food treat once a week. Ask yourself often, *how much do you want this to work?*

80%
Alkaline
(1/2 RAW)

20%
Acid

Use Quick Fixes in travel, for short term, or as daily Alkalizing pick-me up.

Special Help

APPLE CIDER VINEGAR: 1 Tbs, plus 1 Tbs Honey, cup warm water, 3 per day
VEGETABLE SNACKS: radish, carrot, celery, cucumber, peppers, squash
UMEBOSHI PLUMS: plums, paste, balls, sprinkles, vinegar
MISO BROTH: drink instead of tea
MEDITATION: 2 times / day for stress
BREATHING: deep breathing exercises
WATER: distilled, 7-10 glasses / day

CHEW, CHEW, CHEW: each mouthful 40-50 times will alkalize most foods
GREEN DRINKS: Wheat or Barley grass, Chlorella & Spirulina (or tabs)
LEMON SQUASH: juice of 1-2 lemons in 1-2 oz. of distilled water
GREENS & LETTUCE: green salads, greens juiced or steamed
VEGGIE JUICE: Carrot + Celery + Parsley + Spinach

All CAPS = highest levels
These foods are near Neutral or are mildly acidic. Remember, variety is the best answer.

ALKALINE FOODS

Acidophilus	Carob	GARLIC	LETTUCE, all green	Peas, fresh	SPROUTS, all
ALFALFA SPROUTS	Cayenne	Ginger root	Lima beans	Pears	Squash, all
Almonds, raw	CELERY	Ginseng tea	LIME	Peppers, all	Stevia
Apples	Chayotes	Grapes sour	Loganberry	Pickles, in brine	Strawberry
Apple cider	Cherimoya	Grapefruit	Maitake	Pineapple	Sweet potato
Apricot	Chili pepper	GREENS, (beet, poke, turnip, mustard, collard, etc.)	Mango	Plums	SWISS CHARD
Asparagus	CHLORELA	Guava	Melons	Pomegranate	Syrup, maple, rice
Artichoke bulb	Cherries	Herbs & Spices, all	Milk, goat*	Potatoes	Tamari
Avocado	Chicory	Honeydew	Milk, organic*	Pumpkin	Tangerine
Baking soda	Chives	Jams, unsugared	Millet*	Quince	Taro
Bamboo shoots	Cilantro	Jerusalem artichoke	MISO	Radichio	TEA, GREEN, or Herbal
Banana speckled	Cinnamon	Jicama	Mizuma	RADISH, all	Tempeh
Banacha tea	Coconut, fresh	JUICE, GREEN, fresh fruit	Molasses	Raisins	Tofu
BARLEY GRASS	Corn, sweet, fresh	Juice, veggie	Mu Tea	Rutabaga	Tomato
Beans green, all	CUCUMBER	Kain	Mushrooms, Reishi, Shiitaki	Sake	Turnip
Bee pollen	Cultures, probiotic	Kale	Nectarine	Salsify	UMEBOSHI PLUM
Beets	Currants	Kelp	Nori	Sapote	VINEGAR: apple cider, ume, balsamic, brown rice
Berries, most	Curry	Kiwi	Oils: Cold Pressed	Sauerkraut	Walnuts
Blackberry	Dandelion greens	Kohlrabi	(almond, avocado, canola, flax, olive, safflower, sesame, sunflower, walnut)	Scallions	WATER, mineral, distilled
Bok choy	Dates	Kombu	Olives, dried	SEA SALT	Water cress
Brazil nuts	DIAGON radish	KUDZU	Onion, all	SEA VEGGIES	Watermelon
BROCCOLI	Dill	Kumquat	Orange	SEEDS, raw (sesame, sunflower, pumpkin)	WHEAT GRASS
Brussel sprouts	Dulse	Lecithin	Okra	Sorrel	Whey, protein
Buckwheat*	Eggplant	Leek	Papaya	Soy sauce	Wine, fruit
Buttermilk	Endive	Legumes*	PARSLEY, all	Soybeans	Yams
Cabbage, all	Escarole	LEMON	Parsnip	SPINACH, raw	Yogurt, live
Cantaloupe	Figs, fresh, dried		Peach, fresh, dried	SPIRULINA	Zucchini
CARROTS	Flax seeds				

Healing Herbs and Spices

Medicine Cabinet in Your Kitchen

OREGANO helps soothe stomach muscles		Thyme relaxes respiratory muscles
MINT can ease hiccups		TURMERIC anti-cancer
GINGER anti-nausea remedy		BASIL can relieve gas and soothe stomach upsets
GARLIC natural antiseptic		BLACK PEPPER help relieve indigestion
FENUGREEK helps flush out harmful toxins		CAYENNE can stop a heart attack
Fennel can reduce bad breath and body odor		CINNAMON helps lower blood pressure
CLOVE anti-microbial		Dill treat heartburn, colic and gas
SAGE antiseptic and antibiotic		Rosemary antioxidant

Rawforbeauty.com

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THYROID TONIC

-juice together



6 Carrots



1 Cucumber



1/2 Lemon



10 radishes

DAVE SOMMERS [fb/dave.sommers1](https://www.facebook.com/dave.sommers1)

SalomeTorres.com [fb/HealthwithSalome](https://www.facebook.com/HealthwithSalome)

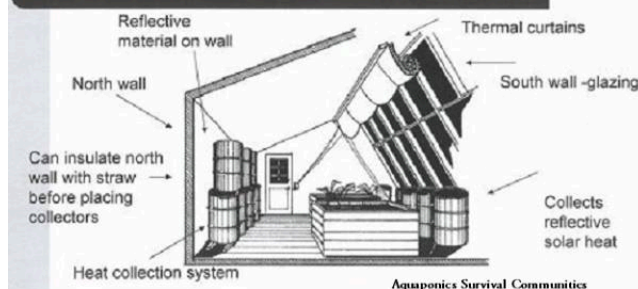


ORGANIC VS CONVENTIONAL

Vegetables Type of Soil Management	Minerals (in milliequivalents)						
	Calcium	Magnesium	Potassium	Sodium	Manganese	Iron	Copper
Snap Beans							
Organic	40.5	60.0	99.7	8.6	60.0	227.0	69.0
Conventional	15.5	14.8	29.1	0.0	2.0	10.0	3.0
Cabbage							
Organic	60.0	43.6	148.3	20.4	13.0	94.0	48.0
Conventional	17.5	15.6	53.7	0.8	2.0	20.0	0.4
Lettuce							
Organic	71.0	49.3	176.5	12.2	169.0	516.0	60.0
Conventional	16.0	13.1	53.7	0.0	1.0	1.0	3.0
Tomatoes							
Organic	23.0	59.2	148.3	6.5	68.0	1938.0	53.0
Conventional	4.5	4.5	58.6	0.0	1.0	1.0	0.0
Spinach							
Organic	96.0	293.9	257.0	69.5	117.0	1584.0	0.0
Conventional	47.5	46.9	84.0	0.8	1.0	19.0	0.5

Research conducted by Firman E. Bear at Rutgers University in the Natural Gardener's Catalog (1995)

Solar Heated Greenhouse



Aquaponics Survival Communities



Passive Solar Greenhouse

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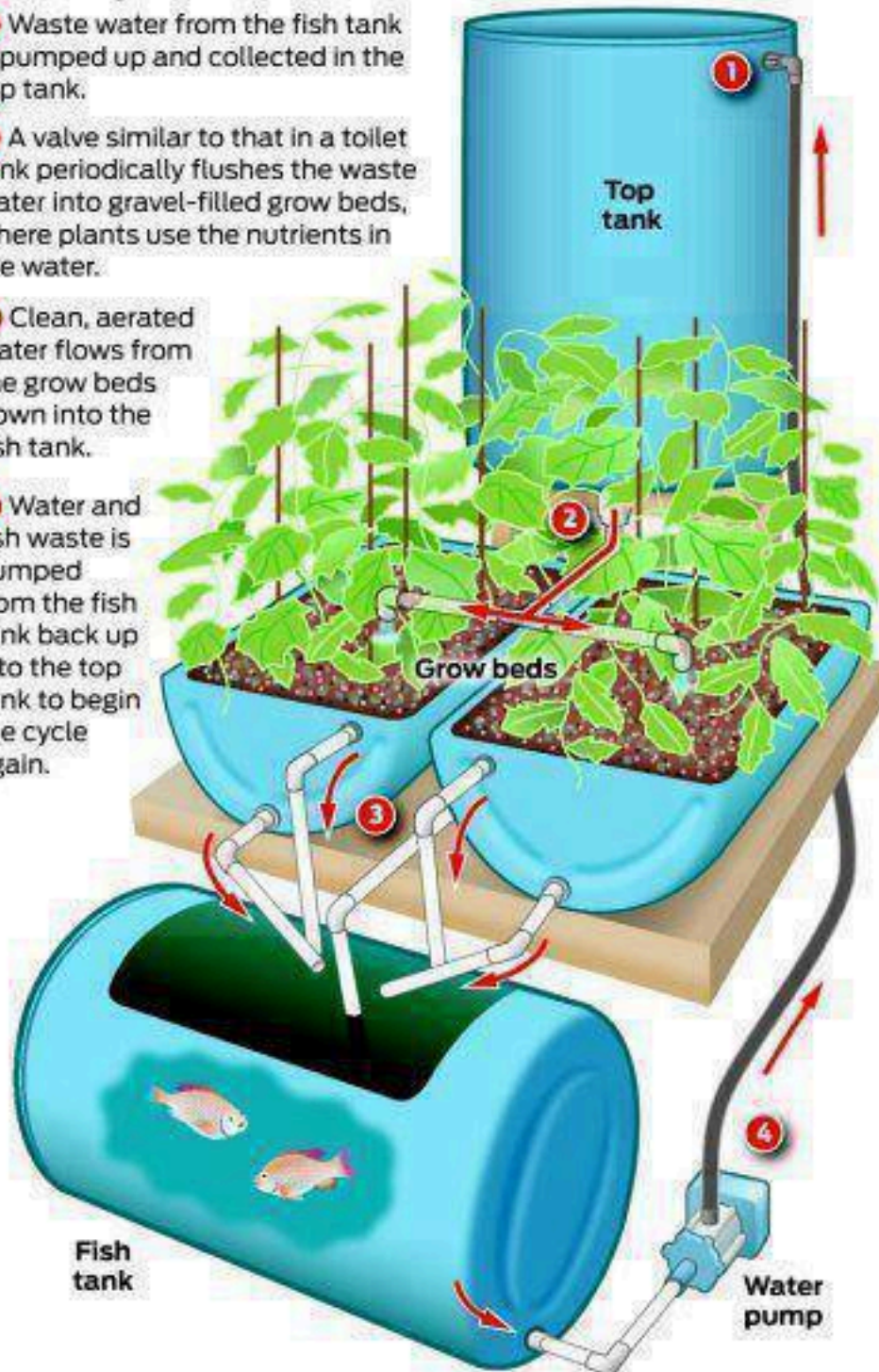
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Do-it-yourself aquaponics

Aquaponics is the integration of aquaculture, or fish cultivation, with hydroponics, or the growing of plants without soil. The "barrelponics" system shown here, designed by Travis Hughley as an inexpensive introduction to aquaponics, can be made from three large plastic barrels and other materials purchased at a hardware store.

How the system works

- 1 Waste water from the fish tank is pumped up and collected in the top tank.
- 2 A valve similar to that in a toilet tank periodically flushes the waste water into gravel-filled grow beds, where plants use the nutrients in the water.
- 3 Clean, aerated water flows from the grow beds down into the fish tank.
- 4 Water and fish waste is pumped from the fish tank back up into the top tank to begin the cycle again.



Source: Travis Hughley

15 Shade Tolerant Plants

These root vegetables, herbs, and leafy greens all need 4 hours of sun a day, or less.



PROTEIN IN Plant FOODS



fb/dave.sommers1

Source: www.livelovefruit.com

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