

A SIMPLE GUIDE TO A VEG GARDEN



PLANNING

Make the most of the space that you have, it is important to plan ahead to take advantage of the planting & harvesting seasons. Focusing on growing your favourite fresh vegetables, or ones that might be more expensive at the shops is a good place to start.

When deciding where to set up your vegetable growing space, pick a sunny place, sheltered from the wind, and away from other plants or trees to prevent competition.

SEED SOWING

Your crop choice will affect how you sow their seed. Some seeds can be planted directly into the ground or raised bed, while others benefit from being planted in a covered outdoor or indoor place before being moved into the soil once they start to develop.

Directly sowing seeds is as easy as putting seeds evenly spaced out into a shallow trench, then covering covering with soil and watering.

If planting earlier than the season, when it is colder, it may be a good idea to start off with your seeds indoors in seed trays, so that they can germinate before being moved into the regular growing area outdoors. This can also be done by using a greenhouse or covering outdoor seeds with clear sheeting or bottomless plastic bottles.

RHS CROP PLANNER

The RHS Crop Planner is a fantastic resource to help get you started with planning your vegetable garden. It clearly lays out the best times to sow, plant, and harvest many common vegetable crops allowing you to fully plan out your growing schedule to make the most of your garden through all seasons.

The crop planner guide can be found by following this link:

<https://www.rhs.org.uk/advice/pdfs/crop-planner.pdf>



SOIL & RAISED BEDS

Good soil is key to the success of your vegetable growing. Using raised beds is a great way to ensure that you can control the type of soil you are using to suit the crops you are growing.

When setting up a raised bed it is best to have them above free-draining soil on the ground. The size & depth of your bed will depend on what crop you will want to grow.

You can use treated timber to create your raised bed, or recycled materials such as bricks, stone, or hard plastic. Use a mixture of topsoil, organic matter, and sharp sand, or specific potting mixtures for your crop.

Mulching is a great way to protect your soil from the cold or heat and prevent weed growth in your bed. A layer of black plastic is effective, but organic materials like cardboard or even a thick layer of compost/manure can work as well

WATERING

Watering is a vital part of creating a successful vegetable garden. You should try to keep the soil moist, especially for newly planted seeds or seedlings, this means regular watering particularly in summer or hot periods.

To prevent shock and to reduce the risk of germs use non-cold tap water if possible in the early stages of growth.

SOME SUGGESTIONS TO GET STARTED

Fast growing crops to get you started can include radishes, French beans or leafy greens like lettuce and spinach. Carrots and cucumbers are other options that can be grown relatively quickly from seed.

If you are growing to support a project such as a foodbank or community meal - consider growing less variety of produce but more of each kind. A few punnets of strawberries can be more helpful than a handful here and there.

It is good to remember that not every crop will do well every season, but with time and experience you will gain a better understanding of what can be successful and how to make the most of the space available to you, and to enjoy growing your own produce!

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