

# WHAT TO PLANT AND DO IN THE FOOD GARDEN IN JULY

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## WHAT TO PLANT IN JULY (cool mountainous) \*

FROM SEED	FROM SEEDLING	IN SEEDLING BOXES #
ASPARAGUS - CROWNS BROAD BEANS (ROCKET) & ROCKET SPRING ONION SPINACH & (SPINACH)	BROCCOLI (LETTUCE) & LETTUCE (PAK CHOI <sup>1</sup> ) SPRING ONION	<u>LETTUCE</u> & <u>LETTUCE</u> <u>ONION</u> & <u>ONION</u> <u>SPRING ONION</u> & <u>SPRING ONION</u> <u>PAK CHOI</u> <sup>1</sup>

\* Key vegetables only, not all vegetables that can be planted at this time are listed. # Sow in seedling boxes for planting out in four to six weeks time. <sup>1</sup> Best sown in single cell seedling trays as these seedlings don't like their roots being disturbed when transplanted. <sup>x</sup> Prone to cabbage butterfly damage when grown this time of year. **(Parenthesis)** Grow in greenhouse or temporary polytunnel. DOUBLE UNDERLINED Grow in glass/plastic covered seedling box.

### • Harvest Brussels sprouts.

## WHAT TO DO IN THE VEGGIE PATCH

This is done by twisting the sprouts off the stem from the bottom up, breaking off the lower leaves as you go.

### • Harvest broccoli side shoots.

After the main heads on your broccoli plants have been harvested continue to harvest the side shoots. Over the life of the plant side shoots will usually produce more broccoli than the main head. These side shoots will get progressively smaller as successive waves of them are picked so after you have picked the side shoots two or three times cut the plant back heavily by half, this gives the plant room to put on some larger side shoots.

### • Harvest cabbages and cauliflowers.

Remove the plants as soon as they have been harvested to reduce the risk of club root, which is a fungal disease that can do serious damage to brassicas plants. Signs of club root are yellowing leaves and roots with large nodules on them. It is a difficult disease to treat, if you find it in your garden destroy all plants with signs of the disease and do not plant any brassicas in effected soil for a number of years. Club root survives best in slightly acid soil so a good preventative is to add lime to the soil before planting brassicas.

### • Scuff hoe beds to stop small weeds taking hold.

Scuff hoeing involves breaking the surface of the soil with a single pronged hoe. The aim is to disturb the roots of small shallow rooted weeds while leaving the deeper roots of maturing vegetables relatively

undisturbed. Scuff hoeing works best on bare or lightly mulched soil but it can also be used on heavily mulched beds where the mulch itself has begun to sprout. If done regularly scuff hoeing avoids the need to pull weeds out as it kills weeds before they are big enough to develop deep roots.



**Gung Hoe (top) and Trojan single pronged hoe (bottom). Both are suitable for scuff hoeing.**

### • If you have not already done so prepare the asparagus bed for spring.

To do this cut the asparagus stems off at ground level after they have turned yellow (this can be done with sequiturs or a brushcutter) and weed the bed. Spread a liberal amount of animal manure and blood and bone over the top then cover with a thick layer of mulch. Over time asparagus roots become more knotted to a point that it is hard to cut the stems below the soil. To counter this dig a trench through the most knotted part of the bed, fill with animal manure and cover with soil.

In Spring roots from nearby asparagus plants will grow into the manure filled bed and reinvigorate it. As long as you don't dig up to much of the bed it won't reduce the yield greatly. Roots dug out can be replanted or given away.

- **Stake and tie up autumn planted broad beans to prevent them from falling over.**

If broad bean plants are left unsupported their stems will fall over as the developing beans on them get larger and heavier.

- **Make sure any climbing peas you have planted**



Autumn planted broad beans tied up using 1.7 metre steel garden posts and twine. These garden posts are ideal for tying up broad beans as they have hooks up the sides to hold the twine in place without having to tie it to the stake.

## WHAT TO DO IN THE GREENHOUSE

are tied up.

- **Harvest rocket, lettuces and Chinese vegetables.**
- **If you have a pond in the greenhouse then empty and clean it.**

Having a pond in a greenhouse is more than just decorative. Water is slower to heat up and cool down, which means that ponds absorb heat during the day and gives it off at night. The heat given off from a pond in winter keeps the greenhouse slightly warmer at night. If your greenhouse is not big enough to have a pond in it then an alternative is to use drums of water as they also absorb heat during the day and give it off at night.

- **Prune fruit trees that haven't been pruned yet.**

## WHAT TO DO IN THE GARDEN

Apple and pear trees can be pruned reasonably heavily but plums, sweet cherries, apricots, nectarine and peach trees (stone fruit trees) should only be pruned lightly as next season's fruit will be on this season's growth. An

alternative is to prune the stone fruit after they have flowered in the spring. Doing this allows you to more easily identify the unproductive limbs.

- **Cut away all dead branches and damaged bark.**
- **Mulch around fruit trees.**
- **Plant bare rooted fruit trees.**

A standard method of planting bare rooted fruit trees is:- If your tree is to be espaliered then make sure the frame used

1. Prune the tree to its desired shape (central leader, vase shape etc..)
2. Place the tree in a bucket of water so that the roots of the tree are fully submerged.
3. Dig a hole to the depth of the root structure (around 30 to 40 cm) and twice the width (around 60 to 80cm).
4. Loosen the base and sides of the hole with a fork.
5. Fill the hole with water and let it soak away.
6. Place the tree in the hole and backfill it, keeping the base of the tree a few centimetres above the level of the ground.
7. Thoroughly water the base of the tree to make sure there are no air pockets around the roots.
8. Firmly Stake and tie the tree.
9. Place sand around the base of the tree (to reduce the risk of collar rot) then mulch around the tree to the edge of the sand. Bare soil can be used in lieu of sand.

to support the espaliered tree is in place before the tree begins to grow in spring.



A bare rooted tree is one that is literally sold 'bare rooted' (left) though increasingly nurseries are supplying their bare rooted trees in small plastic bag pots filled with soil. If you are unable to plant your bare rooted trees on the day you buy them then temporarily cover the roots in soil and thoroughly water them in (right). Do not leave the bare roots exposed to air for any length of time.