

WHAT TO PLANT IN JULY (cool mountainous) *

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

* 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.

¹ Best sown in single cell seedling trays as these seedlings don't like their roots being disturbed when transplanted.

X Prone to cabbage butterfly caterpillar damage when planted this time of year.

(Parenthesis) Grow in greenhouse or temporary polytunnel.

DOUBLE UNDERLINED Grow in glass/plastic covered seedling box.

RED DOUBLE UNDERLINED Grow in artificially heated seedling hot box.

^E or ^L Only Early or Late in the month.