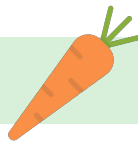
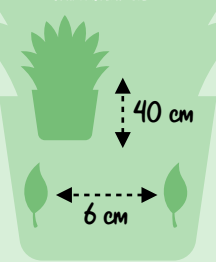


Carrot



How to plant

Container



Soil : loamy, sandy, stone and clod-free

Weather



Full sun



Light frost tolerant



Do not let the soil dry out

Plant in...

January
February
March
April
May
June
July
August
September
October
November
December

Growing times

Germinates in : 2-3 weeks

Harvest after : 15 weeks

Pests & Diseases

Carrot Root Knot Nematodes

Roots are twisted and deformed, with much forking and the presence of knobby galls on the roots

Pull up affected carrots and dispose of them. Mark the area where the troubled carrots grew. Do not grow carrots, celery or okra there again.

Carrot Root Fly

Fly maggots tunnel into the carrot roots and damage them

Cover seed beds with horticultural fleece before seedlings emerge. Make sure to bury the edges under the soil and leave crops covered until harvest.

Slugs

Totally eat seedlings and seriously damage grown plants

Physical barriers. Encourage hedgehogs or toads in the garden, they are natural slug predators. Last resort : molluscicidal pellets with Iron phosphate.

Tips & Tricks

Preservation

In a cool cellar. Cut off the tops and dip the carrots in sand.

Cooking

Carrot tops can be used in the kitchen ! Add them to a salad or use them in a veggie cake.

Twisted roots

The shape of the root is determined within the first few weeks after germination when the new plant extends its taproot deep into the soil. Roots can become twisted and forked in heavy, stony soil. Carrots require only moderate nitrogen; too much can cause root branching.

Harvest

Harvest when the soil is moist to prevent root breaking.

Mulch

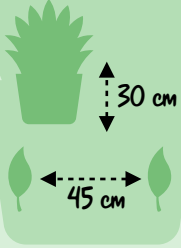
To maintain good moisture levels around your crops, add a few centimetres of mulch on top of your soil.

Broccoli



How to plant

Container



Soil : Rich, deep soil, firm with plenty of well rotted compost dug in

Weather



Full sun



Light frost tolerant



Do not let the soil dry out

Plant in...

January
February
March
April
May
June
July
August
September
October
November
December

Growing times

Germinates in : 10-15 days
Harvest after : 15-20 weeks

Pests & Diseases

Cabbage Aphids

Infested leaves are often curled and become yellow leading to stunted plant growth.

High-pressure spray from the garden hose and remove leaves holding aphid clusters. Encourage aphid predators (ladybirds, hoverflies, lacewings).

Brassica Downy Mildew

Light green to brown irregular spots on leaves, with a damp appearance. They merge to become patches.

Clip off and compost badly affected leaves. With the return of dry weather, leafy greens will usually produce a new crop of sound leaves.

Slugs

Totally eat seedlings and seriously damage grown plants

Physical barriers. Encourage hedgehogs or toads in the garden, they are natural slug predators. Last resort : molluscicidal pellets with Iron phosphate.

Tips & Tricks

Different types

There are different types of broccoli : with large heads, with small florets, even a purple variety ! Try them all !

Late harvest

If you leave the plant after the first harvest, side shoots will appear and as long as these are continually harvested before they form flowers, they will continue producing for a couple of months

Stop Pest

A fine mesh on top of your seedlings will prevent most pests from destroying the plants. Leave it throughout the harvest season and it will also protect against birds !

Harvest

Cut of the large head before it starts to flower, when it starts to turn slightly yellow.

Mulch

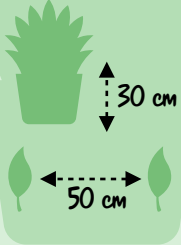
To maintain good moisture levels around your crops, add a few centimetres of mulch on top of your soil.

Cherry Tomato



How to plant

Container



Soil : Rich soil with plenty of compost. When flowering, add fertiliser once a week

Weather



Full sun



Over 0°C only



Do not let the soil dry out, but don't water the leaves !

Plant in...

January
February
March
April
May
June
July
August
September
October
November
December

Growing times

Germinates in : 7 days
Harvest after : 16-20 weeks

Pests & Diseases

Tomato Leaf Miner

Create silvery lines across the infested leaves.

Remove and destroy leaves displaying the larval mines. Yellow sticky traps placed near plants can capture many adults before they lay eggs on plants.

Late Blight

Tomato leaves develop pale witted patches that are damp rather than dry. Spreads very quickly.

Resistant tomato varieties. When used preventatively, organic fungicides including copper and strains of *Bacillus* bacteria can be helpful.

Verticillium Wilt

Plants grow normally until midsummer, when they begin to wilt, but do not turn yellow.

Grow resistant varieties if verticillium is known to be present in soils in your area. Pull up infected plants discard them in the trash, or in a very active compost pile.

Tips & Tricks

Support

Tie upright branches to canes with string to support the weight of the fruit.

Yellow leaves

Yellow leaves indicate lack of magnesium, so apply liquid feed.

Harvest

Pick as soon as the fruits are ripe. This encourages production.

Mulch

To maintain good moisture levels around your crops, add a few centimetres of mulch on top of your soil.

Leaf patches

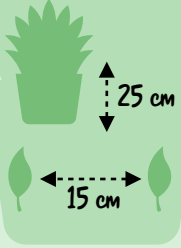
Blossom end rot patches on the bottom of fruits are a nutritional disorder best prevented by growing tomatoes in well-prepared soil with constant, light moisture.

Strawberry



How to plant

Container



Soil : Well-drained rich soil with compost dug in, slightly acidic preferred

Weather



Sun to partial shade



Winter hardy



Do not let the soil dry out

Plant in...

January
February
March
April
May
June
July
August
September
October
November
December

Growing times

Germinates in : 2-4 weeks

Harvest after : 25 weeks

Pests & Diseases

Vine Weevil

Notched holes around the edges of host plant leaves. Vine weevil larvae feed on host plant roots and will also 'girdle' the under soil stems. Plants will often wilt when attacked by vine weevil larvae.

Adults can be collected and removed by hand. When acquiring new pot plants for the garden, remove the pot and check the root area first to ensure that vine weevil larvae are not present before planting out. Parasitic nematodes can also be applied to the soil.

Slugs

Totally eat seedlings and fruits and seriously damage grown plants

Physical barriers. Straw as mulch is quite effective. Encourage hedgehogs or toads in the garden, they are natural slug predators. Last resort: molluscicidal pellets with Iron phosphate.

Tips & Tricks

Protection

Use jam jars or netting to protect ripening berries from birds.

Seeds

Each little black dot on a strawberry is a seed. You can collect them and plant them!

Runners

Strawberry plants reproduce by runners, the mother plant sending shoots in all directions to create young plants. In late summer, remove weeds and withered leaves, and thin runners to no more than 3 per plant. Lift and transplant extra runners.

Harvest

Gather ripe fruits in the morning and refrigerate immediately.

Rest

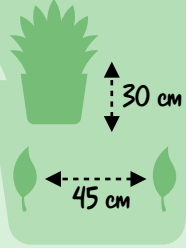
Strawberry plants are perennials, they survive during the winter. For a better harvest, allow plants to rest in midsummer.

Potato



How to plant

Container



Soil : Fertile, well drained soil

Weather



Full sun



Over 0°C only



Do not let the soil dry out

Plant in...

January
February
March
April
May
June
July
August
September
October
November
December

Growing times

Germinates in : 2-3 weeks

Harvest after : 20 weeks

Pests & Diseases

Spider Mite

Spider mites use piercing mouthparts to suck juices from plants. Heavily infested plants are weakened by spider mite feeding.

Clip off and compost heavily infested leaves, because they will not recover. Thoroughly spray the plants with a fine spray of water, taking care to rinse leaf undersides.

Late Blight

Leaves develop pale wilted patches that are damp rather than dry. Spreads very quickly.

Resistant varieties. When used preventatively, organic fungicides including copper and strains of *Bacillus* bacteria can be helpful.

Slugs

Totally eat seedlings and seriously damage grown plants

Physical barriers. Encourage hedgehogs or toads in the garden, they are natural slug predators. Last resort: molluscicidal pellets with Iron phosphate.

Tips & Tricks

Feeding

Not required if plants are deeply mulched with straw, grass clippings, rotted leaves, or another organic mulch.

Planting

Before planting the potatoes, make sure they have germinated. They will grow faster.

Under mulch

Potatoes don't even require a hole to be planted! Simply put the potato on the ground, and cover with a heap of dried leaves or grass cuttings. Make sure it is at least 15cm high. The potato plant will grow under this mulch and will also be protected from frost and sun!

Harvest

When the plants begin to bloom. Harvest often as the plants begin to die back.

Mulch

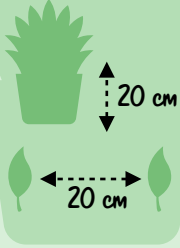
To maintain good moisture levels around your crops, add a few centimetres of mulch on top of your soil.

Spinach



How to plant

Container



Soil : Rich soil, generously amended with composted manure

Weather



Sun to partial shade



Light frost tolerant



Do not let the soil dry out

Plant in...

January
February
March
April
May
June
July
August
September
October
November
December

Growing times

Germinates in : 1-2 weeks

Harvest after : 7 weeks

Pests & Diseases

Leaf Miner

Create silvery lines across the infested leaves.

Remove and destroy leaves displaying the larval mines. Yellow sticky traps placed near plants can capture many adults before they lay eggs on plants.

Verticillium Wilt

Plants grow normally until midsummer, when they begin to wilt, but do not turn yellow.

Grow resistant varieties if verticillium is known to be present in soils in your area. Pull up infected plants discard them in the trash, or in a very active compost pile.

Slugs

Totally eat seedlings and seriously damage grown plants

Physical barriers. Encourage hedgehogs or toads in the garden, they are natural slug predators. Last resort: molluscicidal pellets with Iron phosphate.

Tips & Tricks

Shade

In summer, place the container in the shade. It will help keep the soil moist.

Yellow leaf

Slow growth and yellowing leaves indicate nutritional stress. Drench with a water soluble plant food.

Which container

The shape and size of your container does not matter with spinach. It does not require much space and feels at home in a small garden pot, providing it is at least 15 to 20cm tall. It is a perfect space saver !

Harvest

Pick individual leaves, or allow plants to grow into dense, leafy rosettes.

Mulch

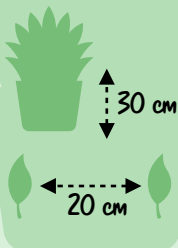
To maintain good moisture levels around your crops, add a few centimetres of mulch on top of your soil.

Celery (branch)



How to plant

Container



Soil : Rich, moisture-retentive soil, compost dug in before planting.

Plant in...

January
February
March
April
May
June
July
August
September
October
November
December

Weather



Shade



Light frost tolerant



Do not let the soil dry out

Growing times

Germinates in : 10-15 days
Harvest after : 25 weeks

Pests & Diseases

Celery Root Knot Nematodes

Roots are twisted and deformed, with much forking and the presence of knobby galls on the roots

Pull up affected plants and dispose of them. Mark the area where the troubled celery grew. Do not grow carrots, celery or okra there again.

Aphids

Infested leaves are often curled and become yellow leading to stunted plant growth.

High-pressure spray from the garden hose and remove leaves holding aphid clusters. Encourage aphid predators (ladybirds, hoverflies, lacewings).

Slugs

Totally eat seedlings and seriously damage grown plants

Physical barriers. Encourage hedgehogs or toads in the garden, they are natural slug predators. Last resort : molluscicidal pellets with Iron phosphate.

Tips & Tricks

Feeding

Liquid feed every two weeks throughout the season.

Blanching

Many gardeners prefer to blanch their celery to make them more tender. Blanching celery turns the green part of the plant white.

Cover the lower half of the celery plant with thick brown paper or cardboard a few weeks before you plan to harvest the celery.

Harvest

Cut individual stalks as needed in the kitchen, or pull entire plants.

Mulch

To maintain good moisture levels around your crops, add a few centimeters of mulch on top of your soil.

Flavor

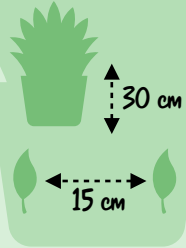
Garden-grown celery is looser and darker green than the supermarket version, with much more intense flavor!

Leek



How to plant

Container



Soil : rich, loamy soil that holds moisture well

Weather



Sun to partial shade



Frost tolerant



Do not let the soil dry out, but don't water the leaves !

Plant in...

January
February
March
April
May
June
July
August
September
October
November
December

Growing times

Germinates in : 10-20 days

Harvest after : 20 weeks

Pests & Diseases

Allium White Rot

The foliage yellows and wilts. Fluffy white mold around the roots.

Rotate onions to a fresh site each year to prevent disease build-up. Gather up and burn onion debris. Do not compost it.

Aphids

Infested leaves are often curled and become yellow leading to stunted plant growth.

High-pressure spray from the garden hose and remove leaves holding aphid clusters. Encourage aphid predators (ladybirds, hoverflies, lacewings).

Slugs

Totally eat seedlings and seriously damage grown plants

Physical barriers. Encourage hedgehogs or toads in the garden, they are natural slug predators. Last resort : molluscicidal pellets with Iron phosphate.

Tips & Tricks

Feeding

In late summer while the weather is still warm, drench plants thoroughly with a water-soluble plant food.

Climate

Grows best in climates where nights remain cool through summer. In mild winter climates, try leeks as a fall-to-spring crop.

Harvest

Dig as needed in the kitchen. In cold winter climates, dig plants before the ground freezes.

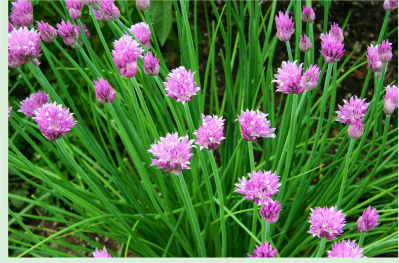
Blanching

When leeks are almost ready, blanch them for 2 to 3 weeks by putting a mound of soil, mulch, or a cardboard tube around the base of each stem.

Problems

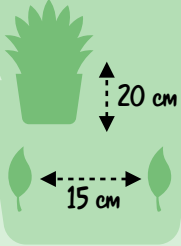
Struggling plants may be infested with onion root maggots, which are easy to see when you dig up a plant. Promptly remove affected plants.

Chives



How to plant

Container



Soil : fertile, well-drained soil

Plant in...

January
February
March
April
May
June
July
August
September
October
November
December

Weather



Full sun



Light frost tolerant



Do not let the soil dry out

Growing times

Germinates in : 2-3 weeks

Harvest after : 15 weeks

Pests & Diseases

Allium leaf miner

Maggots produce mines that run down through the plant, often resulting in rotting.

Where plants are clearly infested they should be removed from the crop to prevent the next generation of flies from emerging.

Allium White Rot

The foliage yellows and wilts. Fluffy white mold around the roots.

Rotate onions to a fresh site each year to prevent disease build-up. Gather up and burn onion debris. Do not compost it.

Slugs

Totally eat seedlings and seriously damage grown plants

Physical barriers. Encourage hedgehogs or toads in the garden, they are natural slug predators. Last resort: molluscicidal pellets with Iron phosphate.

Tips & Tricks

Dividing

Lift the clumps every three years and divide them.

Planting

You can plant them anywhere. In containers, in between pathway stones, within wildflowers... They are one of the easiest herbs!

Blossoms

Chives' blossoms are edible! Clip the flower at the base of its stem. The stem is edible but is often tougher and "woodier" in taste than its leaves. Chives flower between May and June, and the blossoms are tasty in salads and in chive blossom vinegar.

Harvest

Cut back as required - this encourages new growth.

Indoors

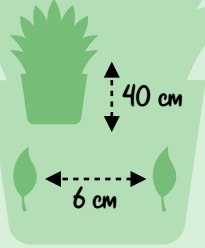
If you are growing chives indoors, place them in a south-facing window or a spot that receives at least six hours of sunshine.

Mint



How to plant

Container



Soil : average, well drained

Plant in...

January
February
March
April
May
June
July
August
September
October
November
December

Weather



Full sun



Frost tolerant



Water when the soil is dry

Growing times

Germinates in : 2-3 weeks

Harvest after : 15 weeks

Pests & Diseases

Aphids

Infested leaves are often curled and become yellow leading to stunted plant growth.

High-pressure spray from the garden hose and remove leaves holding aphid clusters. Encourage aphid predators (ladybirds, hoverflies, lacewings).

Slugs

Totally eat seedlings and seriously damage grown plants

Physical barriers. Encourage hedgehogs or toads in the garden, they are natural slug predators. Last resort: molluscicidal pellets with Iron phosphate.

Tips & Tricks

Rooting

Mint is easy to root from stem tip cuttings stuck into moist potting soil.

Harvest

Gather sprigs as needed in the kitchen. Gather stems for drying in early summer, just before the plants bloom.

Storing

Freezing mint is the next best thing to using it fresh. Wash and shake mint leaves dry, then finely chop. Fill an ice-cube tray with the chopped mint (there's no need to add water). When frozen, pop the cubes into freezer bags and seal.

Pinching

Frequent pinching back helps to keep plants bushy and full, and it delays flowering.

Invasive

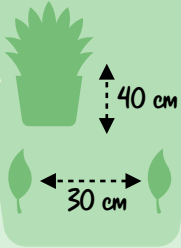
Mint is invasive. If possible, grow near paths, driveways, or other hard surfaces, or in containers buried halfway in the ground.

Thyme



How to plant

Container



Soil : average, well drained

Plant in...

January
February
March
April
May
June
July
August
September
October
November
December

Weather



Full sun



Winter hardy



Hardy, can survive without water for a while

Growing times

Germinates in : 2-3 weeks

Harvest after : 25 weeks

Pests & Diseases

Rosemary Leaf Beetle

The beetles and their larvae feed on tender stem tips. New growth is distorted and plants appear unhealthy.

Refresh mulches so they provide habitat for ground beetles, which consume the beetles when they pupate in the ground.

Aphids

Infested leaves are often curled and become yellow leading to stunted plant growth.

High-pressure spray from the garden hose and remove leaves holding aphid clusters. Encourage aphid predators (ladybirds, hoverflies, lacewings).

Slugs

Totally eat seedlings and seriously damage grown plants

Physical barriers. Encourage hedgehogs or toads in the garden, they are natural slug predators. Last resort : molluscicidal pellets with Iron phosphate.

Tips & Tricks

Creeping

Creeping forms make sturdy ground covers.

Bees are attracted to pink thyme flowers.

Old plants

3 to 4 year old plants need to be divided or replaced because older plants are woody and the leaves less flavourful.

Take a cutting

Clip a three-inch cutting from the very tip of a stem, apply rooting hormone on the exposed portion of the stem, and plant it in either sterile sand or vermiculite. Roots will emerge within about six weeks. Transfer to a small pot, let the root ball form, and then transfer to a large pot.

Harvest

Gather sprigs as needed in the kitchen. Gather stems for drying in summer, before the plants bloom.

Indoors

If you are growing in a pot indoors, plant near a sunny window.