

**Bite
Size**

Growing vegetables over winter

While many gardeners start growing vegetables in early spring and will have harvested most vegetables and fruit by autumn, it is perfectly possible to grow vegetables both to harvest during the winter, or to grow over the winter and harvest in the spring or early summer.



Vegetables to harvest over the winter

By sowing in late spring or early summer, some hardy vegetables will be well established by autumn, able to withstand the colder weather and available to harvest into winter. Such vegetables include kale, brussel sprouts and winter cabbage.

Autumn planting vegetables

Some vegetables to grow over the winter use the winter as they have a longer growing season like plants in the onion family. Other plants which are hardy over the winter will give you early crops in spring, before their spring-sown crops are ready. Autumn planted vegetables may need some protection from early hard frosts whilst getting established, so they can be sown under cloches, or covered with garden fleece when frost threatens.



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Some vegetables to grow over the winter.

Choose seed varieties which are known to be especially hardy; a suggestion for each is given in *italics* below.

Garlic: plant garlic cloves in November for garlic bulbs next summer.
Wight Cristo

Onions: plant sets in autumn for harvest next summer. *First Early*

Spring onions: sown in early autumn these are faster growing and will be ready to harvest on late winter/early spring. *White Lisbon*

Broad beans: planted from early autumn onwards, these plants can give a crop of beans by the following May/June. The plant tops can also be used as a leafy vegetable. *Aquadulce Claudia*

Peas: Autumn sown plants will give crop of peas late spring/early summer. *Kelvedon Wonder*

Perpetual spinach or spinach beet: sown in early to mid autumn, this will give a crop of leaves through the winter and into spring if harvested as 'cut and come again' ie a few leaves from each plant.
Spinach 'Perpetual'

Mustard greens: sown in late summer /early autumn this is another leafy vitamin-rich plant to harvest on a cut and come again basis over the winter months. *Green in Snow*

If you have a greenhouse or cold-frame you can also grow winter salads like *Winter Gem* lettuce, lambs lettuce and land cress.

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