

Planning your Edible Garden

Key Questions

- What to grow?
- Where to grow it?
- How do I plan for continuity of supply?



What to grow?

Grow what you enjoy eating. But don't miss out on trying new things. One of the benefits of growing your own is that you can grow things that are unavailable in shops.

Consider the climate. We live in Scotland; there is no point in trying to grow pineapples unless you have a tropical greenhouse. But many things do grow well here.

Where to grow fruit and vegetables?

You can grow fruit and vegetables anywhere. From herbs and salads on your windowsill to rows of potatoes and cabbages on an allotment.

Don't be put off by not having a large garden. Practice and growing a few choice crops in the space you do have. If you are on the allotment waiting list you will have gained valuable experience that is often lacking in first time allotment holders.

How do I plan for continuity?

There are a range of techniques that make it possible to eat fresh produce all year:

- Grow a variety of vegetables that will be ready to harvest at different times– from spring greens to winter salads
- Plant some crops that can stay in the ground for an extended time providing a long harvest period such as leeks, parsnips and purple sprouting broccoli
- Some vegetables have a range of different varieties such as cabbages and lettuces. Look for those that mature in different seasons e.g. spring, summer, autumn and winter cabbages
- There are many quick maturing vegetables that can be sown over a succession of months such as lettuce, radish, spinach and early carrots providing successive harvests. This helps to prevent gluts.
- Quick growing vegetables can also be sown in rows between slower growing crops such as brassicas to maximise space
- Many vegetables can be stored fresh such as potatoes, onions and carrots, whilst others can be frozen or preserved in jars



Making an Edible Garden Plan



1. Draw a plan of your growing area
2. Choose what you want to grow
 - Look through books and seed catalogues
 - Choose what you like to eat and things that are likely to grow well in our climate
3. Draw up a calendar with a column for each month and a row for each crop
4. Mark out when each crop can be sown and harvested

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Carrot	—————					—————	—————	—————	—————
Beetroot			—————	—————	—————		
Rocket			
Courgettes					—————	—————	—————	—————		

Key

————— Harvest ■ ■ ■ ■ ■ Sow

5. Other information to include on your calendar:
 - How long the crops can be stored
 - When they could be sown under the protection of a cloche or green house and when they need to be transplanted
 - Seed packets themselves are a great resource for finding sowing and harvesting times
6. Mark on your plan of your garden where each crop will be planted

Remember:

- Be flexible - Do not worry if you don't manage to follow your plan exactly.
- Keep records - Use this information when planning the next year's cropping.
- Practice crop rotation – Don't plant the same crop in the same position over and over again.

