

# Growing Food in Winter



# Introduction



# Your allotment over winter

Why grow in winter?

Winter protection

What you can grow (Sow now / sow earlier)

Green manures



# Why grow over winter?



# Winter protection

- Cloches (frost/pests)
- Cold frames
- Netting (against birds)
- Fleece (frost)





# Cloches

- Bell or tunnel
- Plastic or glass
- Open end or closed
- Place on soil 2wks before planting
- Remember to water



# Cloches

- Polythene and hoops
- Buy or make





# Fleece





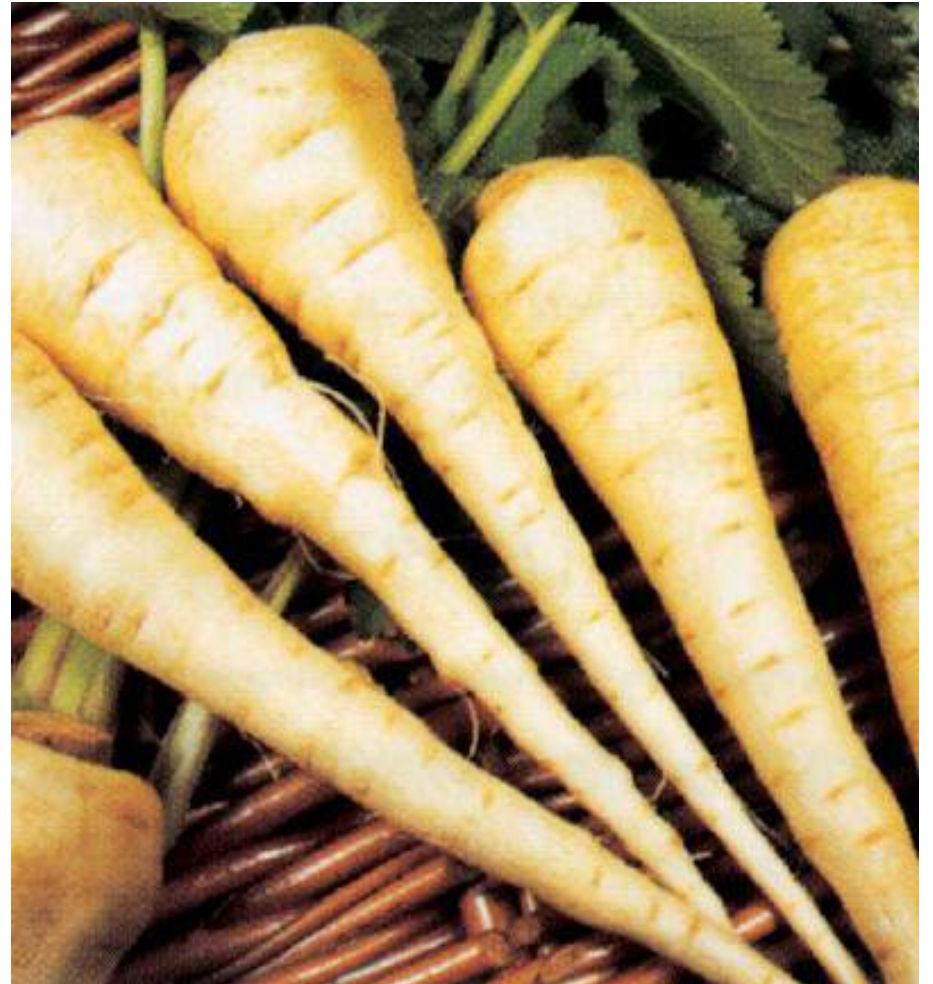
# Winter/Spring Leeks

- Musselburgh, Bandit, Atlanta, Saint Victor
- Resistant to bolting
- Sow spring
- Harvest Dec-April



# Parsnip

- Cobham Improved, Tender and True, White King
- Sow Feb-May
- Harvest Oct-March



# Winter Cauliflower

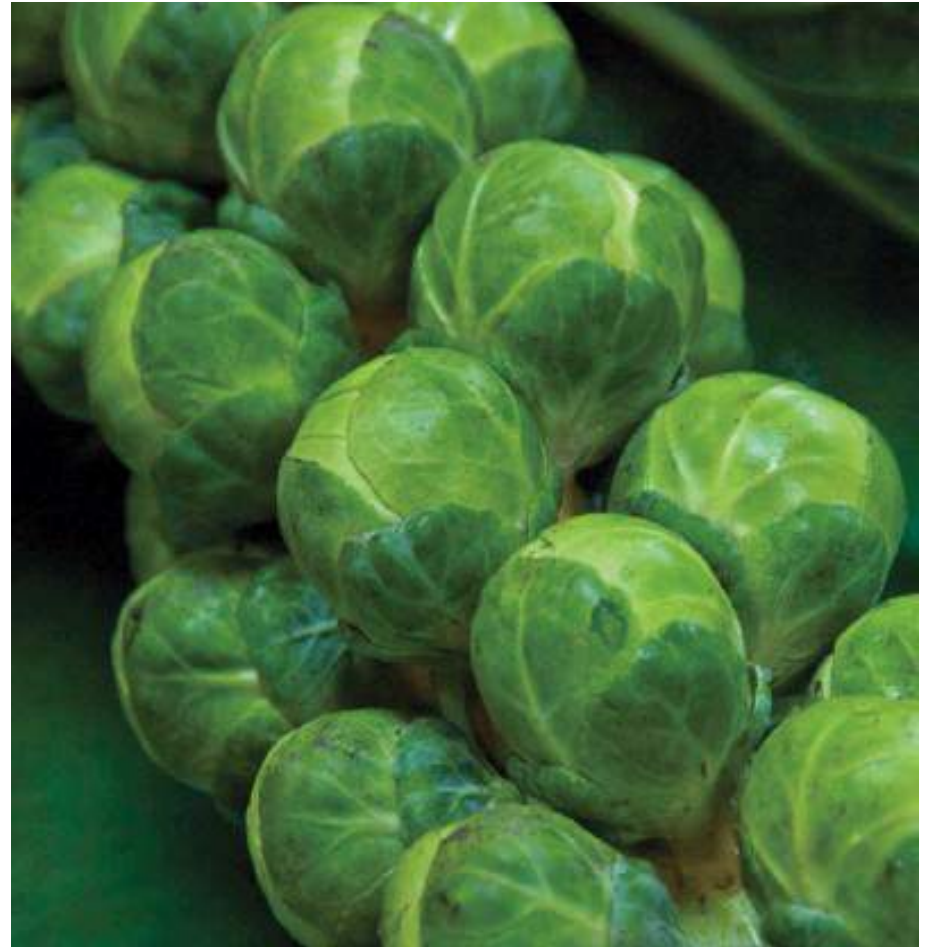
- Medaillon F1, Autumn Giant, Aalsmeer, Maystar
- Sow May (out)
- Harvest Late Feb-June
- All Year Round





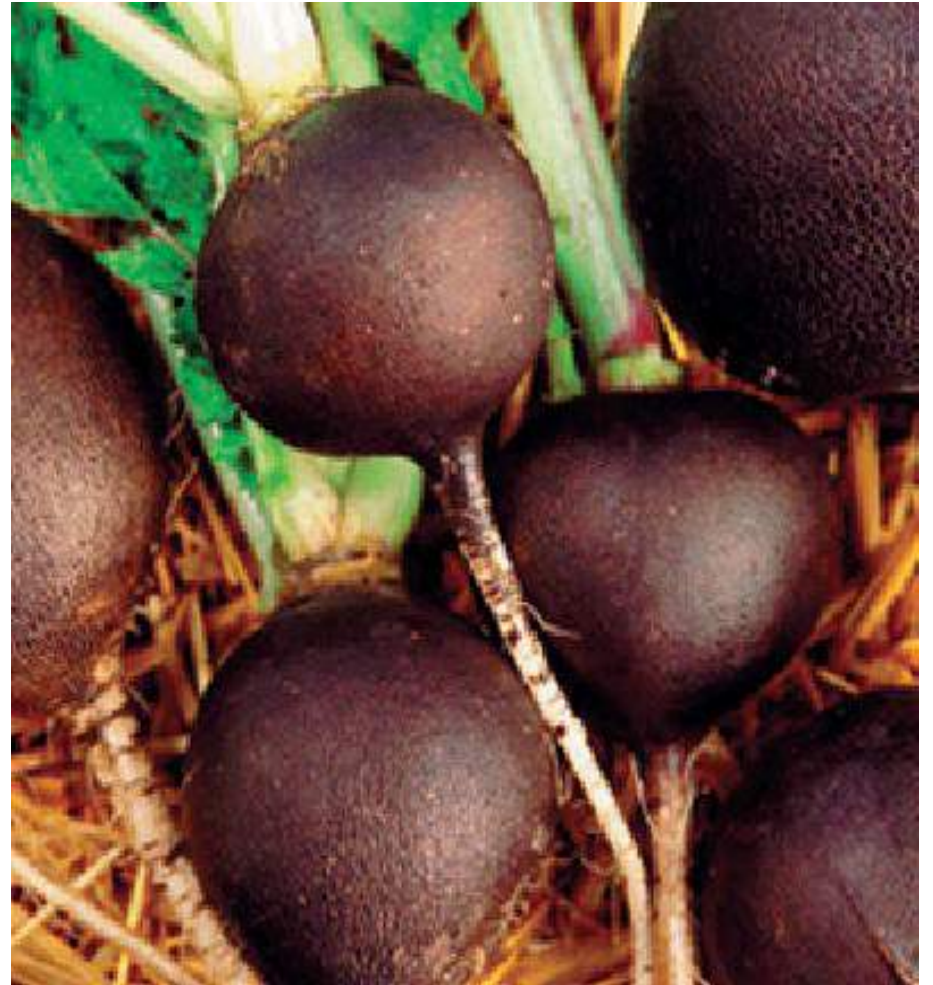
# Brussels Sprouts

- Churchill, Doric
- Sow March-May (out)
- Harvest Sep-Nov (Early)
- Harvest Dec – Feb (Late)



# Winter Radish

Black Spanish Round  
Long White Icicle  
Minowase



# Spring Cabbage

- Pixie, Pyramid
- Sow Jul-Aug
- Harvest leaves from Nov; heart in spring





# Winter cabbage

- Cabbage  
January King  
Sow April/May  
Harvest Dec/Jan



# Purple Sprouting Broccoli

- Purple Sprouting  
Early / Late, Claret
- Sow Apr-May (out)
- Harvest Mar-April





# Leaf Beet

- Rainbow Chard, Perpetual Spinach
- Sow Aug-Oct
- Harvest throughout winter and spring





# Celeriac

- Prinz
- Sow March
- Harvest from October onwards



# What you can still sow



# What you can sow this winter

Garlic – Oct/Nov

Overwintering Onions – Sept-Nov

Spring onions (White Lisbon Winter Hardy) - Oct

Shallots - Jan-Feb



# Onion sets

- Radar, Electric Red, Shakespeare (white)
- Plant Oct
- Harvest summer



# Broad Beans

- Aquadulce Claudia,  
Super Aquadulce
- Sow November
- Harvest June-July



# Peas

- Round seeded varieties (Meteor, Douce Provence)
- Sow Oct-Nov
- Harvest Jun-Jul
- Sugarsnap (Snow Pea Gigante Svizzero)





# Winter Salads

Spicy/Peppery – Oriental Greens (Mizuna, Mibuna), Mustard (Red Frills, Green in Snow), Rocket, Land Cress

Bitter – Endive (Wallone), Chicory (Palla Rossa)

Mild – Lettuce (Winter Gem), Claytonia, Corn Salad

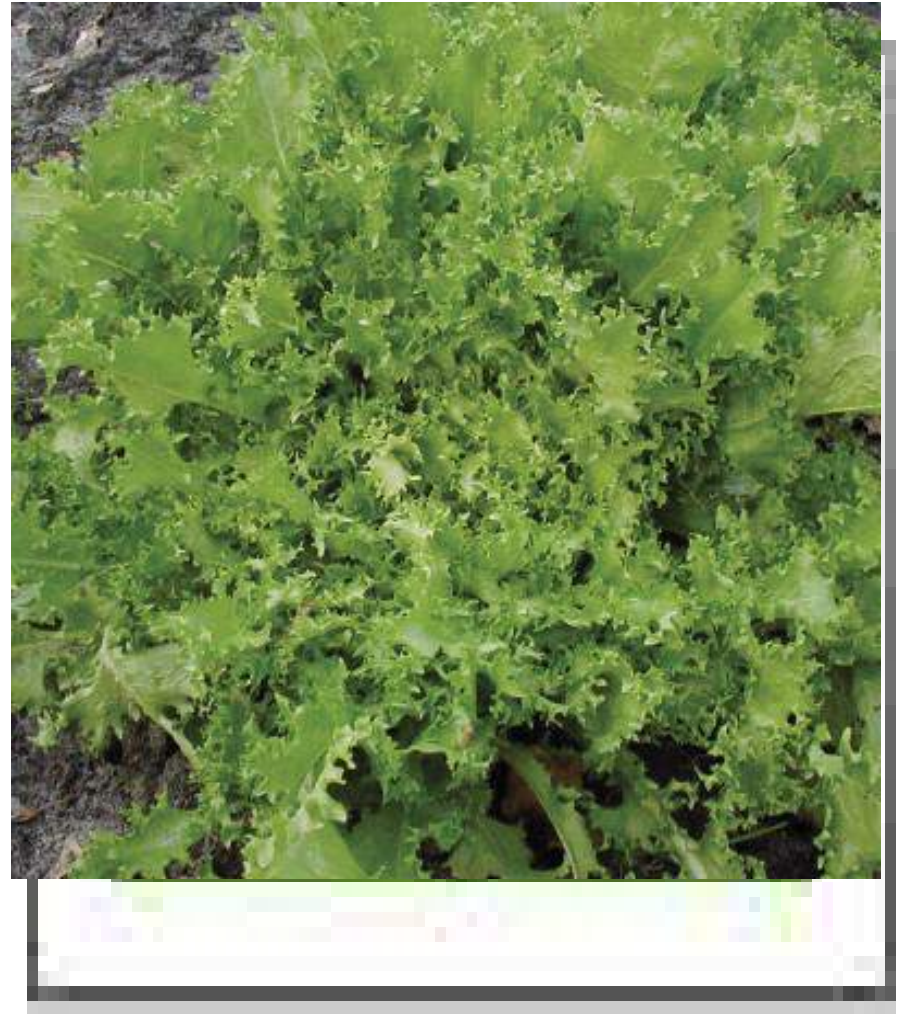
# Lamb's Lettuce

- Cavallo, Verte de Cambrai, Vit
- Sow outside till end October



# Endive

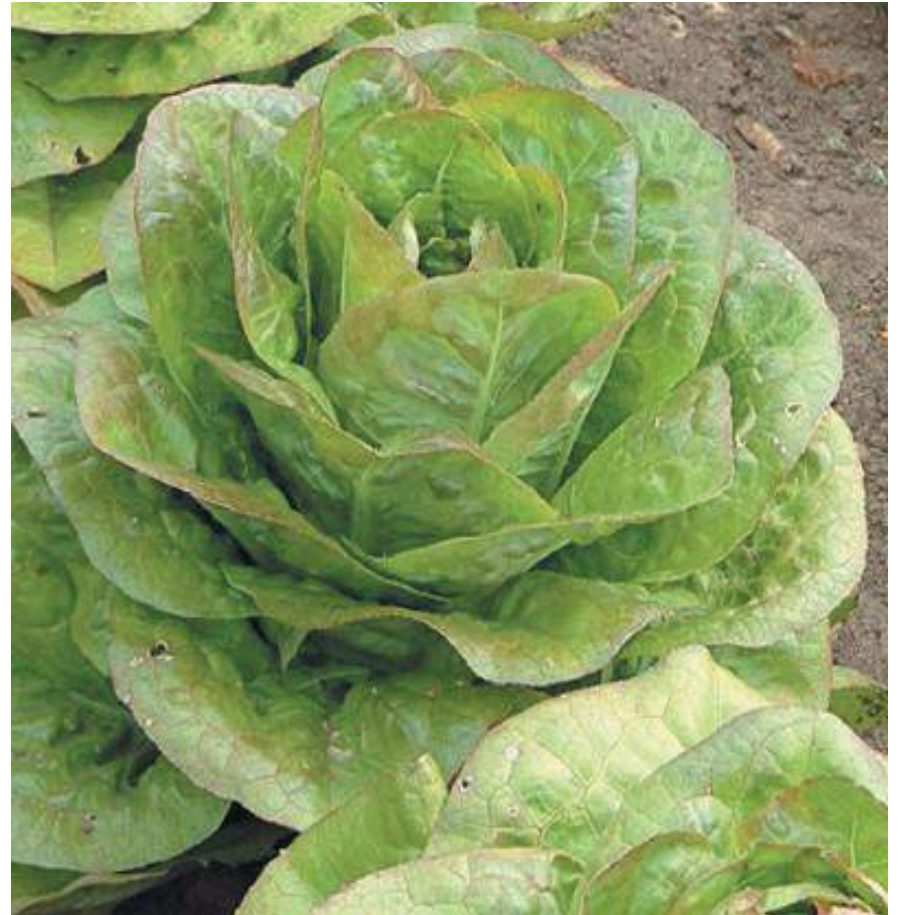
- Wallone
- Sow Sept/Oct





# Winter lettuce

- Rouge d'Hiver, Winter Density, Winter Gem, Lattughino
- Sow Sept/Oct



# Fruit

Raspberry canes

Gooseberry and currant bushes

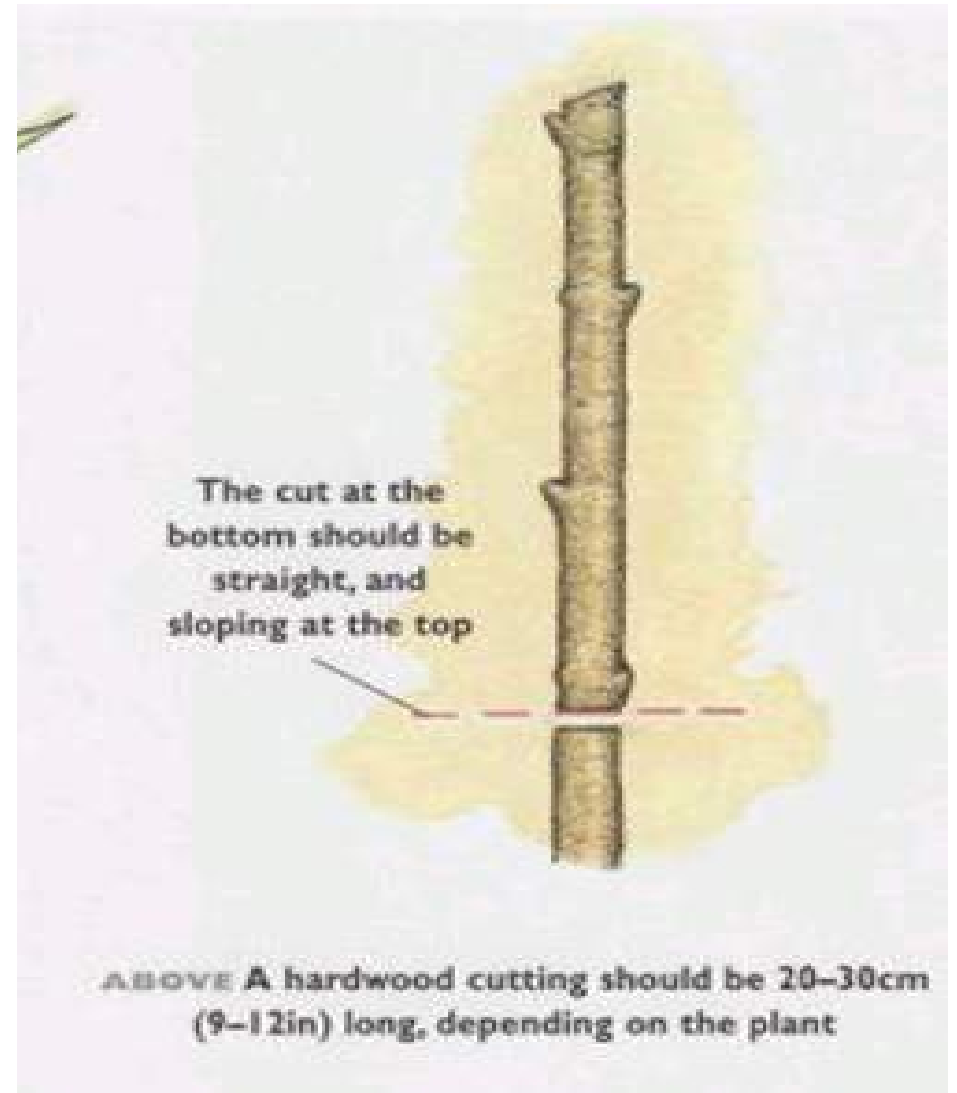
Fruit trees

Strawberry plants

Rhubarb – divide and replant crowns

# Hardwood cuttings

- This year's growth
- Pencil thickness
- Remove leaves
- 15-23cm long
- Put in pot of compost





# Green Manures



# Green Manures

Deep roots:

Italian rye grass (*Lolium multiflorum*)

Nitrogen fixers:

Winter tares (*Vicia sativa*)

Field beans (*Vicia faba*)

# Saving Seeds

Tomatoes

French Beans

Peas

Rocket

Coriander, Dill, Fennel, Parsley



# Remember Wildlife

