

PREPARING FOR AUTUMN

At the end of summer, it's important to get ready for autumn. You will be starting seedlings for the new season: so long tomatoes, hello spinach!



THE AUTUMN AND WINTER VEGETABLE GARDEN

- **7 pots** Pak choi, kale, fennel, chard, parsley or coriander, cauliflower, broccoli.
- **5 window boxes** Strawberry, spinach, sorrel, phacelia, lamb's lettuce.
- **2 raised planters** Winter salad and mizuna, turnips. Sorrel and strawberries are perennial plants, so they can stay in their pots, just like phacelias. If you protect them, they'll grow back next spring!

STARTING AUTUMN SEEDLINGS

Unlike spring and summer seedlings, which are sprouted indoors, autumn and winter seedlings can be sown outdoors, as temperatures are just right for proper germination and growth.

Start your seedlings as early as the second or third week of August. They will be ready for planting two to three weeks later.

As you did in spring, feel free to sow more seeds than necessary, to make sure you have enough seedlings to plant.

My favourite seeds

- **Broccoli** 'Purple Peacock' or 'Waltham'
- **Cauliflower** 'Verde di Macerata' or 'Neckarperle'
- **Chard** colour mix
- **Fennel** 'White Perfection'
- **Flat-leaved parsley**
- **Kale** 'Halbhoher Grüner Krauser'
- **Lamb's lettuce** 'Verte à cœur plein'
- **Mizuna** or **Japanese mustard**
- **Pak choi** 'Xianggang heiyebaicai' or 'Tatsoi Spoon'
- **Spinach** 'Géant d'hiver'
- **Turnip** 'Globe à collet violet'
- **Winter lettuce** 'Rougette de Montpellier'

HOW TO SOW AUTUMN SEEDLINGS

All sowing can be done in the regular way, with two exceptions:

- **Chard** When germinating, two or three stems will grow from a single seed. After allowing them to grow for a week, keep the strongest stem, and remove the others by gently pulling on them.
- **Lamb's lettuce** You can sow these directly by scattering seed in a trough or window box around mid-September.



A few more tips

- Avoid placing your seedlings in direct sunlight, especially on hot days.
- Don't forget to keep the soil moist to help your seedlings sprout.
- Place seedlings in a place that gets enough sunlight so they don't grow too long.
- Avoid placing your seedlings directly on the ground: set them on a table or windowsill instead to keep them away from slugs and snails.

