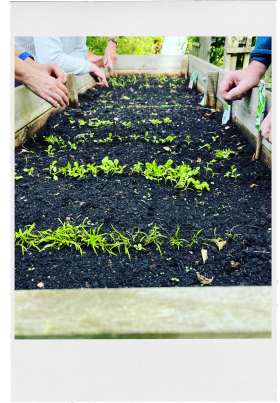


# 2026 SOWING GUIDE

A PRACTICAL WORKBOOK  
FOR GROWING YOUR OWN

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WWW.WEAREPROJECTGROW.COM



# HOW TO USE THIS GUIDE

**We are Project Grow CIC.** We design, build and run food-based places and interactive event spaces as Social and Therapeutic Horticulture practitioners, supporting and educating communities around health, wellbeing and connection.

As a not-for-profit, we also grow community food and have founded Social Source and Gloucester Soup as connected projects that turn this work into real food, shared locally.

This guide is based on timings in **Gloucestershire, UK** where the last frost date is early May and the first frost date is October. Adjust your sowings accordingly, e.g. earlier or later in spring and autumn depending on your location.

All sowings in this guide are for a UK-based climate. You can sow earlier if you have added heat or grow lights to support germination.

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# JANUARY

**Indoor with warmth:** Aubergines, chillies, sweet peppers. These are only recommended where there is access to heat and grow lights, due to low natural light levels in the UK at this time of year. Microgreens can be grown all year round.

# FEBRUARY

**Under cover sowings:** Broad beans, cauliflowers, celery, early cabbages, herbs, kohlrabi, leeks, lettuces, onions, peas, radishes, salad mix, spinach, spring onions, turnips.

**Indoor with warmth:** Aubergines, chillies, sweet peppers.

**Outdoor sowings:** Garlic. These may benefit from fleecing if temperatures drop very low. Garlic is usually planted in autumn, but late winter planting is still possible.

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## MARCH

**Under cover sowings:** Basil, beetroots, broad beans, Brussels sprouts, cauliflowers, celery, celeriac, chard, early cabbages, herbs, kale, kohlrabi, leeks, lettuces, onions, peas, radishes, rocket, salad mix, spinach, spring onions, turnips.

**Indoor with warmth:** Aubergines, chillies, cucumbers, sweet peppers, tomatoes, melons.

**Outdoor sowings:** Broad beans, Brussels sprouts, carrots, early cabbages, first early potatoes (ensure you chit these first), lettuces, onions, parsnips, peas, radishes, rocket, salad mix, spinach, spring onions.

## APRIL

**Under cover sowings:** Basil, beetroots, broad beans, Brussels sprouts, cabbages, calabrese (broccoli), cauliflowers, celery, celeriac, chard, chicory, courgettes, endive, fennel, French beans, herbs, kale, kohlrabi, leeks, lettuces, onions, parsley, peas, pumpkins, radishes, rocket, runner beans, spinach, spring onions, squash, swede, sweetcorn, turnips.

**Indoor with warmth:** Aubergines, chillies, cucumbers, sweet peppers, tomatoes, melons.

**Outdoor sowings:** Beetroots, broad beans, Brussels sprouts, cabbages, calabrese (broccoli), carrots, cauliflowers, chard, first early potatoes (ensure you chit these first), herbs, kale, lettuces, onions, parsnips, peas, radishes, rocket, salad mix, spinach, spring onions.

***You may need fleece protection to help young seedlings survive, giving you a head start to the growing year.***



# MAY

**Under cover sowings:** Basil, beetroots, Brussels sprouts, cabbages, calabrese (broccoli), cauliflowers, chard, chicory, courgettes, cucumbers, endive, fennel, French beans, herbs, kale, kohlrabi, leeks, lettuces, peas, pumpkins, radishes, rocket, runner beans, salad mix, spinach, spring onions, squash, swede, sweetcorn, turnips.

**Outdoor sowings:** Beetroots, broad beans, Brussels sprouts, cabbages, calabrese (broccoli), carrots, cauliflowers, chard, chicory, endive, fennel, French beans, herbs, kale, kohlrabi, leeks, lettuces, main crop potatoes, parsnips, peas, radishes, rocket, runner beans, salad mix, spinach, spring onions. **At the end of the month:** Courgettes, cucumbers, pumpkins, squash, swede, sweetcorn, turnips.

# JUNE

**Under cover sowings:** Basil, beetroots, cabbages, calabrese (broccoli), cauliflowers (autumn / overwintering varieties), chard, chicory, courgettes, cucumbers, endive, French beans, herbs, kale, kohlrabi, leeks, lettuces, peas, radishes, rocket, runner beans, salad mix, spinach, spring onions, swede, sweetcorn, turnips.

**Outdoor sowings:** Basil, beetroots, cabbages, calabrese (broccoli), carrots, cauliflowers (autumn / overwintering varieties), chard, chicory, courgettes, cucumbers, endive, fennel, French beans, herbs, kale, kohlrabi, leeks, lettuces, peas, pumpkins, radishes, rocket, runner beans, salad mix, spinach, spring onions, squash, swede, sweetcorn, turnips.

# JULY

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**Under cover sowings:** Basil, beetroots, cabbages, calabrese (broccoli), cauliflowers (autumn / overwintering varieties), chard, chicory, endive, fennel, French dwarf beans, herbs, kale, kohlrabi, land cress, lettuces, oriental greens, radishes, rocket, salad mix, spinach, spring onions, swede, turnips.

**Outdoor sowings:** Beetroots, carrots, cabbages, cauliflowers (autumn / overwintering varieties), chard, chicory, endive, fennel, French dwarf beans, herbs, kale, kohlrabi, land cress, lettuces, oriental greens, radishes, rocket, runner beans, salad mix, spinach, spring onions, squash, swede, turnips.

***July sowings benefit from regular watering and partial shade to reduce bolting in hot weather.***



# AUGUST

**Under cover sowings:** Cabbages (spring), chard, endive, herbs, kale, kohlrabi, land cress, lettuces, oriental greens, radishes, rocket, salad mix, spinach, spring onions, swede, turnips.

**Outdoor sowings:** Cabbages (spring), chard, endive, herbs, kale, kohlrabi, land cress, lettuces, oriental greens, radishes, rocket, salad mix, spinach, spring onions, swede, turnips.

***August sowings benefit from regular watering and partial shade to reduce bolting in hot weather.***

# SEPTEMBER

**Under cover sowings:** Chard, herbs, kale, land cress, lettuces, radishes, rocket, salad mix, spinach, spring onions.

**Outdoor sowings:** Chard, herbs, kale, land cress, lettuces, radishes, rocket, salad mix, spinach, spring onions.

# OCTOBER

**Under cover and outdoor sowings:** Broad beans, garlic and onion sets. These can all be started in modules if very wet.

# NOVEMBER & DECEMBER

**Under cover and outdoor sowings:** Broad beans and garlic.

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## SOWING SEEDS

There are lots of different ways to sow seeds, and everyone develops their own tips and tricks over time. There are also many different trays, propagators or containers that seeds can be grown in. Seeds will grow anywhere as long as there is enough drainage and light. At Project Grow we sow whole packets into trays to start with and once germinated we then prick out seedlings, which is the process of transplanting young seedlings from a crowded seed tray into individual pots or cells to promote healthy growth.

## SEEDLING CARE

Seedlings should be pricked out once they have their first set of true leaves, which resemble the adult plant leaves. Prepare individual pots or cells with fresh, well-moistened potting compost. Create a hole in the new container using a dibber, pencil or similar tool, deep enough to accommodate the roots comfortably. Using the same tool gently loosen the soil around the base of the seedlings. Carefully lift the seedling from the tray. Hold the seedling by its leaves to avoid damaging the stem or roots. Place the seedling into its new container or cell, gently lowering it into the hole so that the roots are well-covered with soil. Be careful not to bury the seedling too deeply. Gently press the soil around the base of the seedling to secure it in place. Ensure that the seedling is stable and upright.

## POTTING ON

Potting on is different from pricking out. While pricking out involves separating seedlings that were sown closely together and moving them into individual pots or plugs, potting on refers to transferring a seedling from a small pot or plug into a larger container once it has outgrown its current space. Larger seedlings, or those of tender crops such as tomatoes or peppers that won't be planted out until after the last frost, are best pricked out into individual pots. They grow fast and may need to be potted on at least once again before they are transplanted into their final growing positions.

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## PLANT LABELS

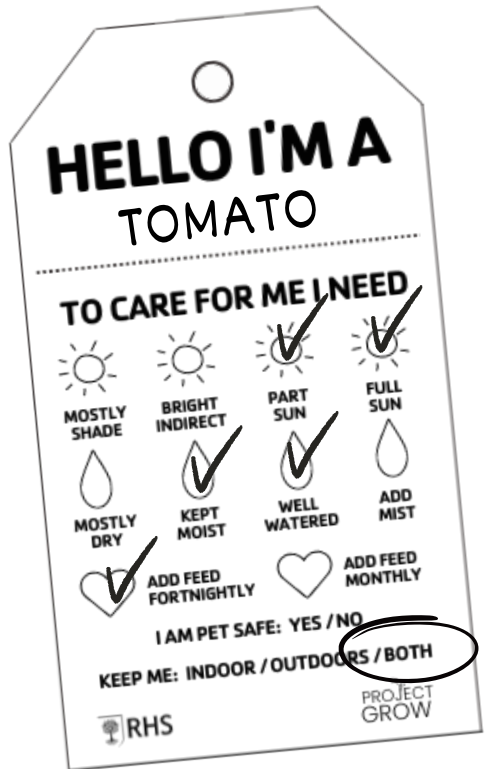
Are you feeling overwhelmed with seedlings after your spring sowing?

Why not share your plants with your neighbourhood! We've collaborated with the RHS to bring you these handy plant label templates, so you can pass on your plants and give their new owners the tips and information needed to nurture them.

- Simply print out the next page onto paper or card and cut out the label
- Write your plant name on the dotted line
- Tick or circle the relevant care instructions that apply to your plant
- Hole punch your tag and attach a string to your pot or plant

### Top tip!

Why not print your tags onto coloured paper or card to draw attention to the plants for their new owners?



**HELLO I'M A**

**TO CARE FOR ME I NEED**



**MOSTLY SHADE**

**BRIGHT INDIRECT**

**PART SUN**

**FULL SUN**



**MOSTLY DRY**



**KEPT MOIST**



**WELL WATERED**



**ADD MIST**



**ADD FEED FORTNIGHTLY**



**ADD FEED MONTHLY**

**I AM PET SAFE: YES / NO**

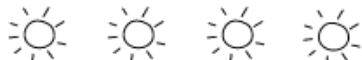
**KEEP ME: INDOOR / OUTDOORS / BOTH**



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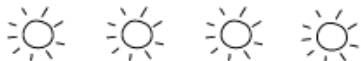
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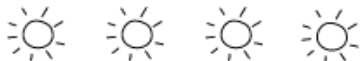
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# GET INVOLVED

We run our Social & Therapeutic Horticulture sessions every Tuesday and Friday morning at the Gloucestershire Heritage Hub. Social and therapeutic horticulture uses the garden as a safe and supportive place to help people build connections, learn practical skills and access training that supports greater independence.

To find out more, email [hello@weareprojectgrow.com](mailto:hello@weareprojectgrow.com)

# EVENTS & SHOP

From April we will be launching a new community plant nursery and events space, re-establishing the historic site of Wheeler's Nursery at the Gloucestershire Heritage Hub.



Building on the success of Soil & Soup, every third Saturday of the month we will be hosting a programme of events throughout the spring and summer. These will include Compost demonstrations, yoga classes, craft workshops and much more. To find out more visit our socials [@thepottingshedglos](https://www.instagram.com/thepottingshedglos)

# VOLUNTEER

Want to get involved? Email [hello@weareprojectgrow.com](mailto:hello@weareprojectgrow.com) to find out ways to get involved with our projects & events.

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[WWW.WEAREPROJECTGROW.COM](http://WWW.WEAREPROJECTGROW.COM)