

Crop	Recommended Varieties	Growing method	Growing Season				Growing method key	
			Sowing time	Harvest time	When to keep crop in an ACCESS frame	Spacing	Remarks	
Aubergines	<ul style="list-style-type: none"> Bonica (fruit dark purple) Emerald Isle (fruit small and green) 	C	Feb-April	Aug-Oct	Entire period	45cm apart or individual pots (7.5 litres or larger)	<ul style="list-style-type: none"> Can go outdoors in the summer if necessary. 	
Beans:								
Broad	<ul style="list-style-type: none"> Aquadulce Claudia The Sutton (short statured) 	A,B	Jan-May; Oct-Nov	May- Sept	When plants reach roof, remove roof panes	10cm apart. The Sutton is good in containers.	<ul style="list-style-type: none"> Can be intercropped with lettuce. Immature pods can be eaten whole like French beans. 	
French	<ul style="list-style-type: none"> Cantare (dwarf) Cobra (climbing) 	A,B	March	May-June	Entire period	Dwarf: 10cm apart Good in containers. Climbing: 15cm apart (each plant beside a bamboo cane)	<ul style="list-style-type: none"> French beans do not need insects for pollination so can be grown in an ACCESS Lean-to mini-greenhouse or cold frame for their entire life. Climbing beans should be sown once for harvesting the entire season. Dwarf beans need sequential crops. 	
			April-June	June-Sept	When plants reach roof, remove roof panes			
Runner	<ul style="list-style-type: none"> Snowstorm (white flowered) Firestorm (red flowered) 	A,B	April-June	June-Sept	When plants reach roof, remove roof panes	15cm apart (each plant beside a bamboo cane)	<ul style="list-style-type: none"> Runner beans are insect pollinated so when flowering starts must be outdoors. 	
Beetroot	<ul style="list-style-type: none"> Boltardy (spherical) Forono (cylindrical) Chioggia Barbietola (red and white circles) 	A,B	March-July	June-Oct	Start off plants; grow on outdoors	10cm apart. Good in containers. (Seedlings need to be thinned out after germination)	<ul style="list-style-type: none"> Beetroot leaves can be eaten like chard. 	
			Sept-Oct	Jan-April	Entire period			
Cabbage:								
Spring	<ul style="list-style-type: none"> Duncan Durham Early 	B	March -May	June-Nov	Start off plants; grow on outdoors	30cm		
			July-Aug	March-May	Started outdoors, but covered by cold frame over winter will give an earlier yield			
Summer	Stonehead	B	Feb -May	June-Nov	Start off plants; grow on outdoors	30cm		
Winter	<ul style="list-style-type: none"> Tundra January King 	B	April-June	Nov-March	Will grow faster if kept under glass over the winter	30cm		
Calabrese	<ul style="list-style-type: none"> Marathon Green Magic 	B	April-July	July- Sept	Start off plants; grow on outdoors	30cm		
Carrots	<ul style="list-style-type: none"> Nairobi Chantenay Royal 	A	Feb-July	May-Oct	Early sowings better under glass	5cm (Seedlings need to be thinned out after germination)	<ul style="list-style-type: none"> Niarobi is suitable for light textured soil. If you have heavy or soil Chantenay Royal, which has shorter roots, is better. If growing in a container be sure it is deep enough for the roots. Can intercrop with lettuce 	
Courgettes	<ul style="list-style-type: none"> Defender (green) Parador (yellow) Venus (compact) 	B	April-June	July-Oct	If cropping under glass ensure good ventilation to allow pollination	45cm Good in containers or growbag		
Cucumbers	<ul style="list-style-type: none"> Marketmore 76 Passandra (F1 hybrid, smooth skinned) 	C	May-June	July-Sept	Entire period	45cm	<ul style="list-style-type: none"> Cucumbers are very fast growers and need to be regularly pruned. In warmer regions plants can go outdoors in the summer. 	



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Lettuce								
Winter	• <i>Winter Density</i>	B	Sept-Oct	Dec-March	Entire period	30cm		
Loose leafed	• <i>Red Salad Bowl</i> • <i>Ashbrook</i>	B	Feb-Aug	June-Oct	Only for starting plants; grow on outdoors	30cm (Little Gem and other small framed lettuces should be spaced closer)	<ul style="list-style-type: none"> The seed of some lettuce varieties have thermodormancy, i.e. they will not germinate at high temperatures. Generally, the optimum temperature for lettuce seed germination ranges from 18 to 21°C. But if in doubt germinate in cool conditions. All lettuces are good for growing as a cut-and-grow-again crop. To do this plants should be spaced closer together. 	
Cos	• <i>Little Gem (miniature)</i> • <i>Lobjoit Green Cos</i>							
Butterhead	• <i>Clarion</i> • <i>Tom Thumb (miniature)</i>							
Marrow	• <i>Tiger Cross</i> • <i>Bush Baby</i>	B	April-June	July-October	Only for starting plants; grow on outdoors	45cm Good in containers or growbag	<ul style="list-style-type: none"> The fruit of all courgette varieties can also be allowed to grow into marrows. 	
Onions	• <i>Ailsa Craig (yellow bulbs)</i> • <i>Santero (yellow bulbs)</i> • <i>Red Baron (red bulbs)</i>	B	March-May	July-Sept	Only for starting plants; grow on outdoors. Dry onions on shelves once harvested.	10 cm Good in containers.	<ul style="list-style-type: none"> Young plants can also be eaten as salad onions. Onions can also be started from sets. 	
Peas								
Shelling	• <i>Kelvedon Wonder</i> • <i>Early Onward</i>	A,B	Feb-July	June-Oct	Only for starting plants; grow on outdoors	3-5cm	<ul style="list-style-type: none"> Watch out for mice eating the germinated seed. Avoid tall growing pea varieties where possible. 	
Sugarsnap	• <i>Sugar Anne</i> • <i>Delikett</i>	A,B	Feb-July	May-Oct		Dwarf varieties good in containers		
Peppers								
Sweet pepper	• <i>Bell Boy</i> • <i>Mira</i>	C	Feb-March	Aug-Nov	Entire period	45cm apart or individual pots (7.5 litres or larger)	<ul style="list-style-type: none"> Spacings and pot size vary considerably with the variety. The recommended spacing and pots given here are specifically for the varieties listed. 	
Chilli pepper	• <i>Hungarian Hot Wax (mild)</i>	C	Feb-March	Aug-Nov	Entire period	45 cm apart or individual pots (7.5 litres or larger)		
	• <i>Stumpy (medium)</i> • <i>Loco (medium)</i> • <i>Spike (hot)</i>	C	Feb-March	Aug-Nov	Entire period	30 cm apart or individual pots (1-3 litres)		
Summer radish	• <i>Crystal Ball</i> * <i>Cherry Belle</i>	A	All year round	All year round	Oct-April	3cm (Seedlings may need to be thinned out after germination) Good in containers.	<ul style="list-style-type: none"> Will germinate and grow under a wide range of temperatures. Should be harvested when young and tender – do not wait too long or the roots get fibrous. 	
Sweet Corn	• <i>Earlibird</i>	B	May	Aug	When plants reach roof, remove roof panes	30cm	<ul style="list-style-type: none"> Must be grown in blocks rather than rows to aid pollination. 	
	• <i>Mainstay</i>	B	May	Late Aug				
Determinate (bush) Tomatoes	• <i>Micro Tom (miniature)</i>	C	March-May	Aug-Oct	Entire life; or if preferred mature plants can grow on outdoors.	Small pot (1 litre)	<ul style="list-style-type: none"> Bush tomatoes need no support and are simpler to grow. “Indeterminate” means the plants are tall growing; side shoots must be pinched out and the main stem needs support. Indeterminate tomatoes are generally better flavoured than bush types. 	
	• <i>Red Alert</i> • <i>Maskotka</i>	C	March-May	Aug-Oct	Entire life; or if preferred mature plants can grow on outdoors.	45cm Good in containers; growbags or pots 7.5 litres or more.		
Indeterminate Tomatoes	• <i>Orkado (classic salad)</i> • <i>Sungold (cherry)</i>	C	Feb-April	May-Oct	Entire period. Remove roof glass on lower models.			
Melon	Ogen. Sweetheart		Late May	Aug– Sept	Entire period	60cm		
Strawberries	Cam. Favourite Temptation		August—Sept	May	Entire period	30cm		
	Remontant type		Sept	Aug-Oct	Entire period	45cm	<ul style="list-style-type: none"> Remove flowers at end of May 	