

GROWING IN ANGUS

GOOD FOR YOU, YOUR COMMUNITY AND
YOUR PLANET





As a child I loved to play in the garden, well all the gardens really. A network of ladders and tunnels transformed these suburban green spaces into a landscape of adventure. Each filled with treasures; a swing, a hut, a pond for endless play. These were places of freedom and bounty, with delicious strawberries, rhubarb, mint and apples ready to eat. These adventures sowed the seed of a lifelong love of growing.

Let this be the start of your growing adventure. Wherever you are in Angus, be inspired to connect and reclaim your local green spaces. Feel empowered to grow your own good healthy food and share it with those around you.

Angus is a wonderful place to grow, just look around at all our local market gardens and farms! There are so many different ways of approaching gardening and growing. Don't be afraid of experimenting and finding out what works well in your area. Find out what's going on locally - right here in this booklet.

Happy gardening and harvesting!

Emily

Kirriemuir Community grower



Growers love to share their triumphs & failures. They will help you discover what thrives in your area and what might need extra TLC



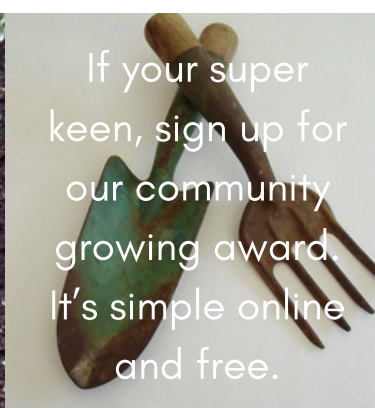
Let nature flourish, they pollinate your plants and keep pests in check. Please don't use nasty chemicals.



Growing is empowering, rewarding, healthy and good for your planet. Start your growing adventure now



Supporting local producers: Buying local produce puts money directly back into your local community.



If your super keen, sign up for our community growing award. It's simple online and free.

The Covid-19 pandemic changed life for all of us. Overnight, we were forced to find a new ways of doing just about everything. While this has been distressing and unsettling for some, it has also given each of us a chance to reassess life and brought unexpected pleasures.

THE NEED TO GROW

One inspiring bonus of the pandemic is a rush to get growing. Across the county allotment associations and community gardens are inundated with keen new growers. Established community growing groups are supplying new people with local food. People are connecting with others to support food hubs and those in need across Angus.

It is a truth our grandparents knew instinctively, something governments have told us for decades, it took a global pandemic for us to hear it: Growing is good for you, your community and your planet.

This booklet celebrates all those growing in Angus and invites you to get involved in growing where you live. So whether you want to do your bit for the planet, your pocket or just enjoy being outside, take a look and join in.

THANK YOU

To those listed: It has been a pleasure to share your enthusiasm and learn more about the vital growing you do. If have missed your project; accept my apologies, – and email growangus@gmail.com so I can put you in.

Whatever you do, keep growing.

KATE MUNRO DECEMBER 2020

WHERE TO GROW IN ANGUS

Arbroath

1. Angus Women's Aid Garden
2. Arbroath Garden Allotment Association
3. Arbroath in Bloom
4. Arbroath Pippins Community Orchard
5. Food Is Free Arbroath
6. FOTRA
7. Friends of the Rose Garden
8. Hope Organic Garden
9. Hospitalfield

Brechin

10. Brechin Community Garden
11. Food Life Brechin
12. Brechin Allotments

Carnoustie

13. Carnoustie Allotments
14. Food Is Free Carnoustie

East Haven

15. Our East Haven

Forfar

16. Forfar Allotments - Helen Street
17. Forfar Botanists Garden
18. Forfar Open Garden

Kirriemuir

19. Kirriemuir Allotment Association
20. Kirriemuir Planters
21. Rosefield Community Garden
22. Sustainable Kirriemuir
23. Westmuir Community Woodland

Monifieth

24. Monifieth Allotments
25. Monifieth Eco Force

Montrose

26. Montrose Allotments
27. Bloomin Montrose

ANGUS WOMEN'S AID GARDEN

We started in May to lessen social isolation. We wanted to give our families a different focus as we all learned to live with a new pace in life. We aim to provide an area where people can relax and unwind, somewhere cathartic. We want to introduce different smells and make good use of the items within the garden to promote health and wellbeing as a whole.

We have vegetables in grow bags and a small herb garden. We have used plastic bottles to collect rain water pinned to the fence to water all the plants and vegetables and relaxing activity for the children. We have upcycled a pallet to store our herbs pinned to the fence.

We have so many plans for the space to make it a wonderful place to be. If you would like to help or share some plants with us get in touch.

JOIN US - CONTACT:
ANGIE@ANGUSWOMENSAID.CO.UK
OR PHONE 01241 439437

Arbroath Garden Allotment Association

The allotments in Arbroath have helped local people to grow their food for over 100 years. Currently they have over 100 allotment plots at 3 sites; in Brechin Road, Ernest Street and Hillend Road.

Plots are rented at £30 for a full plot per year and pro-rata for smaller ones. Sadly there are no free plots at the moment – but if you would like to go on the waiting list, get in touch:

JOIN IN:

The Allotment Gardens, 85A Brechin Road, Arbroath, DD11 1TA.

email: arbroathallotmentassociation@gmail.com

phone: 01241 872931 Iain Duncan – President



Arbroath in Bloom

Arbroath in Bloom began in 2014 to create colourful floral features around the town's historic sites, gardens and parks.

A team of up to 20 wonderful local volunteers grow up plants and plant out over 10 flower beds around the town.

So help Arbroath bloom and let your skills flourish.

JOIN IN:

<https://www.facebook.com/Arbroath-in-Bloom-614437459020259/>



ARBROATH PIPPINS COMMUNITY ORCHARD

The Arbroath Pippin or Oslin apple is one of Scotland's oldest varieties. It was brought by Cistercian monks from France to Arbroath Abbey in the 12th century. It's a sharply spiced eating apple with a hint of aniseed.

After dying out locally it was reintroduced to the Abbey in 2009 by the Arbroath Abbey World Heritage Campaign. In honour of this historic connection between apple and Abbey, the Pippins Community Orchard are planting and caring for Oslin orchards in Arbroath, just as the monks did over 800 years ago.

Angus Council have kindly offered Springfield Park as the home to our first orchard. Bring your family and help plant, nurture and enjoy this apple bounty together. Or celebrate the memory of a loved one, by contributing a tree.

Join in: email Morag Smith: mogs16@hotmail.com



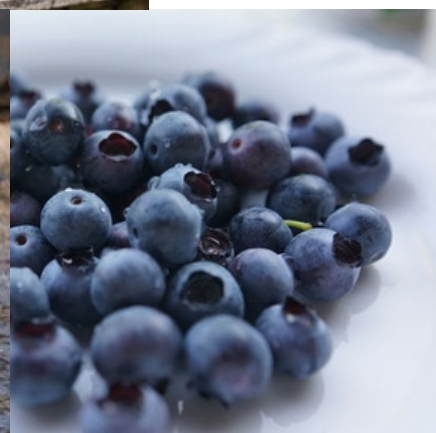
FOOD IS FREE ARBROATH

Arbroath food is free was started in 2015 by Kevin Bruce, growing and sharing produce from his allotment with neighbours. This led to leaving food as free boxes with fresh produce in and around Arbroath. Others joined him and shared their wisdom to FIF Carnoustie.

The group are now setting up a new community garden at Strathairlie in Arbroath. The new garden will have an orchard, Blueberry Patch, Strawberry Fields, and fruit and veg. The garden will supply the community cafe and give local residents access to good quality fresh produce and should be finished for March 2021.

Come and help them make it happen
strathairliestop@outlook.com

Strathairlie Tenants Open Partnership – on Facebook.





FOTRA (Fit O' The Toon Residents Association)

in Arbroath have recently been busy trying to improve the overall environment and experience at the Fit O' The Toon for both residents and visitors. The latest work to be carried out was to plant wildflowers along the burn edge on Old Shore Head. This was done to encourage wildlife to the area such as bees, insects and butterflies. The wildflowers have been a success as has the attraction to the wildlife. Other enhancements are planned for the area in the future so watch this space.

If you would like to help email Morag Smith :
mogsl6@hotmail.com

HOPE ORGANIC GARDEN

Hope Organic Garden began in 1994 when local GP Cedric De Voil recognised the therapeutic benefits of gardening and growing for his patients. For over 25 years, growing at Hope has proved a wonderful antidote to stress for all those involved.

Hope supports adults with learning disabilities to garden organically. The fruit & veg they grow is sold in the shop or at Angus Farmers' Market. During the Covid-19 pandemic Hope has partnered with local mental health charity REACH ACROSS to supply 90 veg boxes every week.

To find out more about their wonderful work, email:

enquiries@hopeorganicgarden.org.uk



HOSPITALFIELD

Hospitalfield is Situated just to the south of Arbroath, Hospitalfield is an artists' house dedicated to contemporary art and ideas. We run an international programme of residencies for artists across art forms...we commission new work: summer schools; events; talks; festivals; conferences.

We are currently undergoing an extensive capital development programme that involves the refurbishment of our Victorian fernery and 800-year old walled garden. A scheme for the double walled gardens has been created by the celebrated designer and horticulturalist Nigel Dunnett, who designed the garden at the Barbican.

We work with a dedicated team of garden volunteers, from those with lots of knowledge and experience to complete beginners to maintain and look after our garden and grounds. We also provide opportunities for a diversity of people to experience and engage with growing and cooking, art and culture.

In 2021 when the new garden scheme is launched we are looking for volunteers to join us to work alongside our gardener to maintain and enjoy this exciting new garden for Angus and Scotland. If you are interested in volunteering with Hospitalfield please email volunteer@hospitalfield.org.uk or call 01241 65614.



Springfield Rose Garden

Springfield House was built around 1700 and was purchased by Arbroath Council in 1929. The house was demolished but the park and Rose Garden have attracted visitors ever since. It's a small, traditional, walled Rose garden set in Springfield Park, close to the centre of Arbroath. The day to day upkeep and maintenance is managed by the volunteers, 'Friends of the Rose Garden', who work in co-operation with, and under the direction of, the local authority, to improve and regenerate the rose garden. If you would like to help or plant a rose, get in touch.

Email: friendsoftherosegarden@gmail.com



Brechin Community Garden

This small team formed the garden 6 years ago from 6 plots at the end of Montrose Street. Together they grow 10000 veg and bedding plants, and supply fruit and vegetables to the community. If you would like to help or find out more, get in touch, email Michael Forbes forbesmichael51@gmail.com



Brechin Bridge Allotments

These were set up in 2016. There are currently a few spaces. Please email: dalhousieestate@btinternet.com or call: 01356 624566.



The Food Course - Brechin


Environment destruction, climate change, the COVID-19 pandemic and economic instability, have changed life for many.

Greater self reliance and local food solutions are needed more than ever. Growing food is good for both physical and mental health. It also helps us live within the Earth's limits, and can help care for all our planet's residents.

The Food Life in partnership with Brechin Healthcare Group & Brechin High School have created The Food Course. Secondary school students (and their families) work at at a local permaculture farm. They learn to grow, process, preserve, and share food.

Learn: email: thomsonanne125@gmail.com






Carnoustie Allotments

The allotment at at Maule Street have been on the go for 12 years. There are 26 plots. But sadly all the plots are currently cultivated and there is a 6 year waiting list. Charges are set by the Allotment Association.

Contact Lesley Thom on 07703 122 365, or email carnoustie.allotments@gmail.com



Carnoustie & District Horticultural Society

Growing for showing! If you like your flowers and veg big and perfect, then perhaps it's time to support your local show.

Get in touch on
www.facebook.com/carnoustieanddistricthorticulturalsociety/

FOOD IS FREE CARNOUSTIE

"Take what you want, Leave what you don't"

The Food is Free movement began in Austin Texas in 2012. It's pretty simple; find land, grow food and give it away. Local people eat fresh food, learn to grow their own, and improve mental wellbeing through gardening. Nice.

For Carnoustie it all began in May 2015. 5 years on, we still rely on the time, energy and generosity of many local people, groups and businesses. We've had pallets from the local Co-Op farm, manure and plants from The Accidental Smallholder and seeds and seedlings from local people. We reuse or recycle where we can keeping costs & waste to a minimum.

When life delivers too many carrots or a huge heap of Kale, please share the joy! Your friends and neighbours will thank you and you may even make a new friend.

We are always looking for volunteers to help in gardens around Carnoustie.

JOIN IN: email fifcarnoustie@gmail.com or the Facebook



Our East Haven

Residents in East Haven developed a sustainability strategy for the community in 2015 linking to the United National Global Goals and the 2020 challenge for Scotland's Biodiversity, local and national objectives. They consulted with Tayside Biodiversity Partnership and Scottish Natural Heritage to better understand how they should be conserving and protecting their rural coastal environment.

In the last 5 years we have held several community bioblitz events and involved themselves in a number of citizen science projects to learn more about local habitats which are home to almost 600 different species. They have engaged widely with the public and worked with children from four different primary schools to raise awareness about priority species and different biodiversity projects. As a result they won the Garden for Life Biodiversity Award in 2016 and in collaboration with others, a 'Nature of Scotland' Community Initiative Award for their work to grow and plant Kidney Vetch the sole food plant of the small Blue Butterfly.

easthaventogogether@gmail.com

Small Blue



Emperor Hawk Moth
Caterpillar



Forfar Allotments
Helen Street - Forfar

Who knows how to get in touch? tell us!
email: growangus@gmail.com

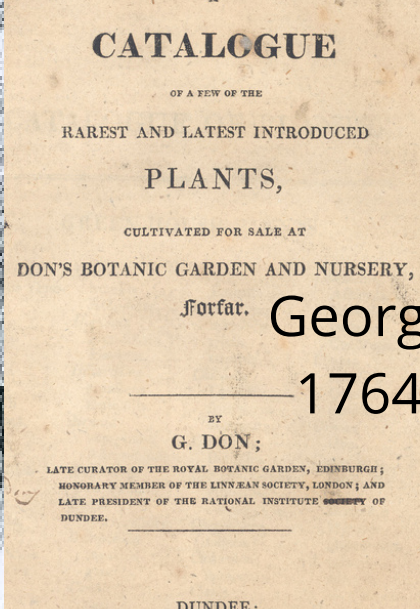
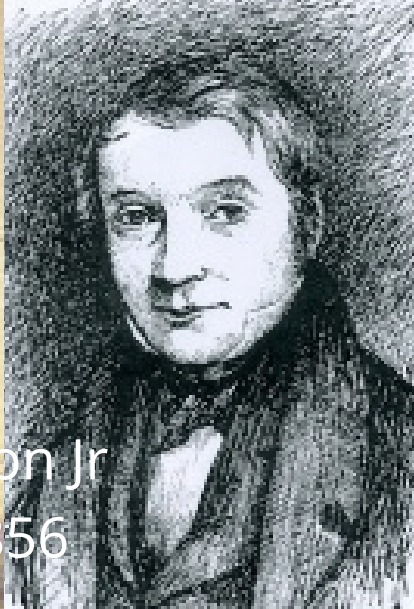
Forfar Botanists Garden

The garden at the Myre in was created in 2013 as a tribute to 5 Forfar Botanists. George Don and his sons, George Don junior and David Don, David Drummond and Thomas Drummond. They were all born into poverty, and had little formal education. Despite this their love of plants took them across the world and each achieved lasting fame for their contributions to botany.

The garden and a grove of trees near Forfar Loch. Some of the plants found by the Drummonds are too big to be accommodated in the Myre garden. It will include a grove of trees discovered by Thomas Drummond in the Americas. Their part to discover and describe the natural world.



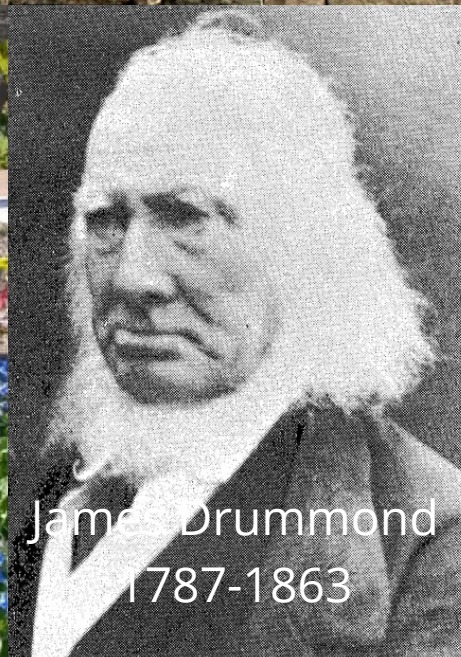
George Don Jr
1798-1856



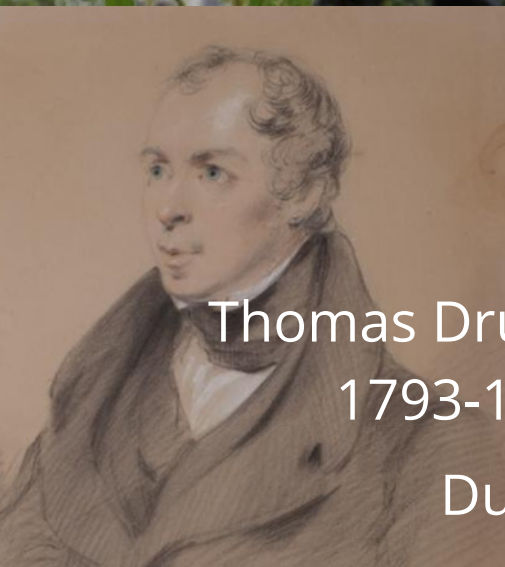
George Don
1764-1814



David Don
1799-1841
First to describe the
plants of Nepal



James Drummond
1787-1863



Thomas Drummond
1793-1835



Dune prickly pear



Black kangaroo
paw W. Australia

Forfar Open Garden

Our garden is a place where people can learn about plants and grow together. We think everyone can feel better being in the garden. In learning to look after plants we look after ourselves and each other.

The site at Lochside Rd, has been a private garden, a nursery, a brewery, a vegetable garden and an orchard. We've been helping people feel better through plants here since 2014. The garden is always changing. Today we are developing a new woodland garden.

We sell herbaceous perennial plants, tomatoes, potatoes, and strawberries through the season at very reasonable prices. We have recently acquired an Apple Press and Crusher too and will have small batch pressings throughout Autumn so save your apples up.

We have lots of opportunities for volunteering and supported volunteering. We are especially looking for people who have the patience and time to work alongside gardeners who may need support. At present we can only manage small groups of up to 6. We run Youth Volunteering (S4-S6) on Friday afternoons and we are planning Family Learning to Grow Sessions on Saturdays.

Come along as a visitor, supporter, plant seller or volunteer. contact Ruth Johnston. on 07503241134
forfaropengardens@gmail.com



Kirriemuir Community Allotment Association

There have been allotments near the health centre since the second world war. Over time the land was abandoned and much of it sold off. In 2012 the allotment site was restored. There are 12 full size plots, all in use. A new area of 6 raised beds is in development. These are designed for less able and elderly growers. They should be completed soon.

Discover more about growing with us, Contact kirriemuircommunityallotment@outlook.com





SUSTAINABLE KIRRIEMUIR

We formed in 2019 with the simple mission to do the right thing for people and planet. We are all about good practical change right now. Our Nourish Kirriemuir project has got 200 folk growing food for themselves, their families and their community. Together we are cutting food waste.

We planted over 60000 veg and herb seeds during lockdown. We have established gardens in all 3 Kirrie schools. We aim to grow 2 tonnes of food for our community. We've used a local tree to craft 100 raised bed kits for people to plant up with thousands of plants at home.

We have leased the beautiful St Mary's Field for community growing. We have an online course so anyone can grow food for themselves, their families and their community. If you have a better idea or want to be part of the change,

JOIN US Email: sustainablekirriemuir@gmail.com
or check out our facebook page.

Kirriemuir Planter Group

The group was formed in 2014 when some green fingered folk got together to make the town more beautiful. The Planters Group currently look after barrels, window planters, hanging baskets around the time. We would welcome volunteers to help, connect on facebook <https://www.facebook.com/Kirriemuir-Planter-Group/>



Rosefield Community Garden

Our community garden (situated just behind Lyell Court) is a space that is open for anyone in the community to come and enjoy. We also use it as a space for our members get to get their green fingers dirty, and to grow some delicious fruit and veg! Our gardening group meets every Wednesday from 10am, All welcome!



Westmuir Community Woodland

The wood developed out of a group of local people in search of a safe, accessible place for children to play. Time and effort transformed 7 acres of scrub in to a wonderful community space.

Get in touch: enquiries@westmuir.org.uk



Monifieth Allotments

There are just 8 plots at Barry Road. Derek Uchman started growing his own food there over 7 years ago. He eats better and feels healthier. Unfortunately anyone wanting to give growing a try is out of luck. The waiting list is closed. If you have a place to grow locally or want to get in touch, email: derek@uchman.co.uk

Monifieth Eco Force

We want nature to flourish. We organise everything from beach cleans, to nature trails and the wild flower conservation. In 2015 we created a Community Orchard of 130 heritage fruit trees at East End Park. We run an annual apple day at the site.

We encourage the our community to learn more about ecology and join us in improving the area. We run gardening group on the 3rd Thursday of each month. To help out - see facebook.

<https://www.facebook.com/Monifieth-Eco-Force/>





Redfield Allotments

The site at Rutland Crescent has 20 plots. Sadly there are no allotments available at the moment. The waiting list is closed. Despite a long waiting list, there are still some plots not cultivated. Motrose Academy have a plot. Contact John Phillips PhillipsJE@angus.gov.uk



Blooming Montrose

A planter group working to make Montrose look wonderful. Check out their facebook page. They are always looking for volunteers and growers to help with their tubs and beds around the town.

Contact - Gillian Sutton; gilliansutton1@gmail.com

SMALL STEPS WITH A BIG IMPACT

LOCAL GROWING IS GOOD

FOR YOU, YOUR PATCH & YOUR PLANET



SAVE WATER

USE YOUR BUTT !

With Climate change comes higher temperatures & longer dry periods. Hoses and sprinklers use up to 1,000 litres of water per hour. Luckily your roof can collect enough rain in a year to fill 450 water butts, keeping your gardens lush

LOVE YOUR WASTE - COMPOST IT

YOUR FOOD WASTE CAN NOURISH YOUR SOIL
AND CUT GREENHOUSE GAS EMISSIONS

<https://wasteless.zerowastescotland.org.uk/articles/easy-guide-to-composting-home>



GROWING LOCAL TASTES GOOD

CUTS CARBON EMISSIONS BY

Much of your food is exhausted before it gets to you. It's picked early, travels hundreds, sometimes thousands of miles to be with you (often by air) Oh and It's filled with pesticides. All this is big on carbon emissions and low on taste.

DIG FOR VICTORY

LESS STRESS, MORE JOY

Grow more sociable. Share your produce and your problems. Meet people, learn new stuff and feel good
- You can make a world of difference to all of us..



GROWING IS FOR EVERYONE

FIND YOUR PLACE TO GROW

Allotments, community gardens, a windowsill or your own raised bed. There are hundreds of ways, places and people to help you get growing

Here's a calendar from our friends at
Narrowboat Farm in Linlithgow.
<https://family.co.uk/> to help you to get growing

Alliums	Scotland has a relatively short growing season and lots of summer light. Crops to need to be managed accordingly to avoid early flowering							
Onions (sets)	n/a	n/a	April	n/a	n/a	July - Aug	Sets are quick and easy	Ailsa craig
Garlic	n/a	n/a	October to November (In Scotland choose autumn planting varieties)	n/a	n/a	June - July	Garlic does very well overwintering. You're looking for shoots a few inches high by Christmas. Feed (top dress) with manure or compost in April.	Thermidrome
Leeks	March / April	broadcast in open trays	5 to 6 weeks after sowing)	n/a	n/a	Oct - April	Sow early for autumn harvest and late for overwintering	Musselburgh
Spring onions	March to August	sow in modules. (5 or 6 per module)	5 to 6 weeks after sowing)	May to August	May to August	July - Oct	an easy quick crop for beginners	White lisbon
Leafy crops	There are so many options here, it's possible to have fresh salad throughout the year. Good window sill crops. Maybe try Claytonia over winter							
Lettuce	March to August	module trays	4 weeks after sowing	May to August	March to September	May - Oct	Choose varieites suitable for the month you're sowing in.	Salad bowl
Mustard (eg rocket)	March to August (not midsummer)	module trays (1 seed per module)	4 weeks after sowing	March/ April or August September	March/ April or August September	May - Oct	These will run to seed in our long summer days	giant red mustard, green in snow, rucola (rocket).
Spinach	March to August	module trays (1 seed per module)	4 weeks after sowing	March/ April or August September	March/ April or August September	July - Nov	Runs to seed in long summer days	Rubino fl
Chard	February to May	module trays (1 seed per module)	5 weeks after sowing	April to June	March to August	If handled well - all year round!	A hardy crop. Whn cropped regularly it doesn't flower. Even when it does you can chop the flower stem off and keep cropping	ruby red, rainbow, swiss
Dill	April/ May	module trays (1 seed per module)	May / June	n/a	n/a	July to August	Fine out doors after frosts are over, bulb fennel can be managed the same way.	tetra
Parsley	March to August	module trays (1 seed per module)	5 or 6 weeks after sowing	n/a	n/a	all year round	Actually very hardy	Italian giant
Basil	April to June	module trays (1 seed per module)	5 or 6 weeks after sowing	n/a	n/a	May - Aug	Does not like frost at all.	Nufar fl
Radish	February to August	Module tray (2 or 3 seeds per module)	4 weeks after sowing	March to July	March to August	May to November	This germinates at a low temperature - watch as root develops. It can 'go over' and get woody quickly.	French breakfast
Exotics	These can all be planted in a pot (8cm) and then planted straight to final growth site. All like rich compost or soil.							
Tomatoes (bush or cordon)	February to March	small pots	May to June	n/a	n/a	Aug - Sept	Old time gardeners would start their tomatoes on new years day on the mantel piece	Gardeners' Delight
Cucumbers	Start of May	small pots	May to June	n/a	n/a	Aug - Sept	Train up cane or string. Best under cover.	femspot fl
Peppers & Chillies	January to April	small pots	May to June	n/a	n/a	Aug - Sept	Chillies can grow perenially in a sunny kitchen window. Best under cover.	trinidad scorpion
Courgettes, Pumpkins	Start of May	small pots	May to June	n/a	n/a	Aug - Sept	Allow 1m2 per plant	Courgette - Dundoo fl

Linlithgow Farmly Calendar

*In all cases your job as a gardener is to mimic the optimum growing conditions for the species you are looking after.

	Sow indoors	Container type	Plant out	Sow outdoors (direct)	Sow under cover (direct)	Harvest (approximate!)	Notes on Hardiness	Easy Variety
	Consider light and warmth	Needs to suit the size of the plant	Consider shade, cold tolerance, plants should have 2 or 3 good adult leaves	In final growing site	In final growing site	Very variable - many factors affect this	Cold, light, watering, soil conditions	Just a Suggestion!
Brassicas	Confident growers can have successional cropping throughout the year. Only sow / plant 5 or 6 at a time every fortnight to avoid gluts. Protect from Cabbage White Butterflies in summer, and pigeons by netting over them.							
Spring Cabbage	July to August	module / small pots	4 to 6 weeks after sowing	n/a	n/a	May - June	loves rain, hates slugs, pigeons and caterpillars	Pyramid f1
Winter Cabbage	April to May	module / small pots	4 to 6 weeks after sowing	n/a	n/a	Oct - Feb	loves rain, hates slugs, pigeons and caterpillars	Savoy
Cauliflower	March to Juune	module / small pots	4 to 6 weeks after sowing	n/a	n/a	July - Nov	a tricky veg, there are varieties suitable for growing throughout the year	All the year round
Purple Sprouting Broccoli	March to June	module / small pots	4 to 6 weeks after sowing	n/a	n/a	March - May	look for varieties which are harvestable at different times	Red admiral
Calabrese	Febbruary to May	module / small pots	4 to 6 weeks after sowing	n/a	n/a	Sept - Oct	loves rain, hates slugs, pigeons and caterpillars	Belstar f1
Kale	April to June	module / small pots	4 to 6 weeks after sowing	n/a	n/a	Nov - Mar	loves rain, hates slugs, pigeons and caterpillars	Russian Red, redbor f1 (for some reason, slugs and caterpillars are less inclined to eat red leaves)
Legumes	These help reduce nitrogen depletion by taking nitrgen from the air and sequestering in it in the soil							
Broadbeans	n/a	n/a	n/a	October or March	n/a	May-June (autumn sown will be slightly earlier)	Can be over wintered if started in October	Superaquadulce
Peas	n/a	n/a	n/a	April to June	n/a	June - Sept	Don't like root upheaval	Kelvedon wonder
Runner beans	April	small pots/toilet roll inners	4 weeks after sowing	n/a	n/a	July - Sept	Really don't like frostbite	Enorma
French beans	April	small pots/toilet roll inners	4 weeks after sowing	n/a	n/a	July - Sept	Really don't like frostbite	Borlotti
Roots	Potatoes are worth growing in a larger space, you can easily get a good crop and plenty food from them. If sowing seeds directly, sow thick and gradually thin for long term harvesting							
Potatoes	n/a	n/a	From St Patricks day (mid March)	n/a	n/a	June - Oct	If planting early, keep safe from frost by planting deep	Maris Peer
Carrots	n/a	n/a	March to May	April to June	n/a	June - Nov	Sow direct in soil that's not too recently manured. Protect from carrot root fly	Nantes
Parsnips	n/a	n/a	February to March	October or March	n/a	Oct - Feb	Can be sown earlier than most crops. Protect from carrot root fly	Tender and true
Beetroot	March to July	module tray (1 per module)	6 weeks after sowing	April to June	n/a	July - Oct	likes a lot of water in early days	Barbioletta de Chioggia