

## Vegetables to sow August and into autumn

Prepared by south London Master Gardener, [Fiona Law](#)

Veg	Variety	Page*	Sowing tips/timing	Harvest	Notes
Broad beans	Super Aquadulce, Claudia, the Sutton	10	Oct - Nov in non-waterlogged/frozen soil	May - June	Good to include in your rotation. A joy to see them growing in winter months and the flowers attract bees early in spring.
Cabbage	Spring varieties, eg Advantage, Pixie	17	In modules Aug – Sept; plant out in Sept - Nov	Early spring	Can often cut as greens before frost or leave to heart for early spring. Protect from pigeons
Chard	Rainbow	12	Direct no later than mid-August	Cut and come again leaves	May well continue to crop over winter into spring. Perpetual spinach also in this category.
Chicory	Palla Rossa, Grumola	22	Direct Aug - Sept	Sept onwards	Bitter taste, good for digestion. Pretty hardy, may revive after frosts and go through to spring
Endive	Cornet de Bordeaux	26	Direct Aug - Sept	Nov - Jan	Resistant to frost.
Indoor sprouts	Peas, radish, fenugreek, mung bean...	52 -53	Anytime in sprouters	Within a week	Super nutritious. Don't even need a windowsill - energy is within the seed and you can eat before photosynthesis starts. Brilliant for learning about seeds and growing.
Kale	Red Winter, Nero di Toscana	27	Direct Aug - Sept	Pick outside leaves	Peppery flavour. Plants look lovely in the frost-frilly edge for Red, architectural leaves for Nero.
Lambs' lettuce	Also known as corn salad or mache	21	Outside in drills from Sept successionaly	Dec onwards	Low growing. Also a good as ground cover to protect the soil from heavy rain, like a green manure.
Lettuce	Valdor, Winter Density	32	Direct or in seed trays in Aug or Sep	Early spring	Can also grow as cut and come again leaves in containers
Oriental leaves	Pak Choi, Mustard greens, Mibuna, Mizuna, Textsel	28	Direct Aug- Sept or in modules and transplant	From Sept onwards	Protect against pigeons.
Radish	Mouli, Munchen Bier, Rosa	42	Direct August onwards	From Sept onwards	Easy to grow.
Rocket	Rucola	43	Direct Aug - Sept	Cut and come again leaves	Less likely to suffer from flea beetle if grown in containers.
Spinach	Most varieties, esp Giant Winter	44	Direct Aug - Sept	Until frosts	Plants may well survive winter and give leaves in early spring

\*page in organic gardening catalogue 2010 (or search [www.organiccatalogue.com](http://www.organiccatalogue.com))

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