Fresh Veg 12 Months of the Year

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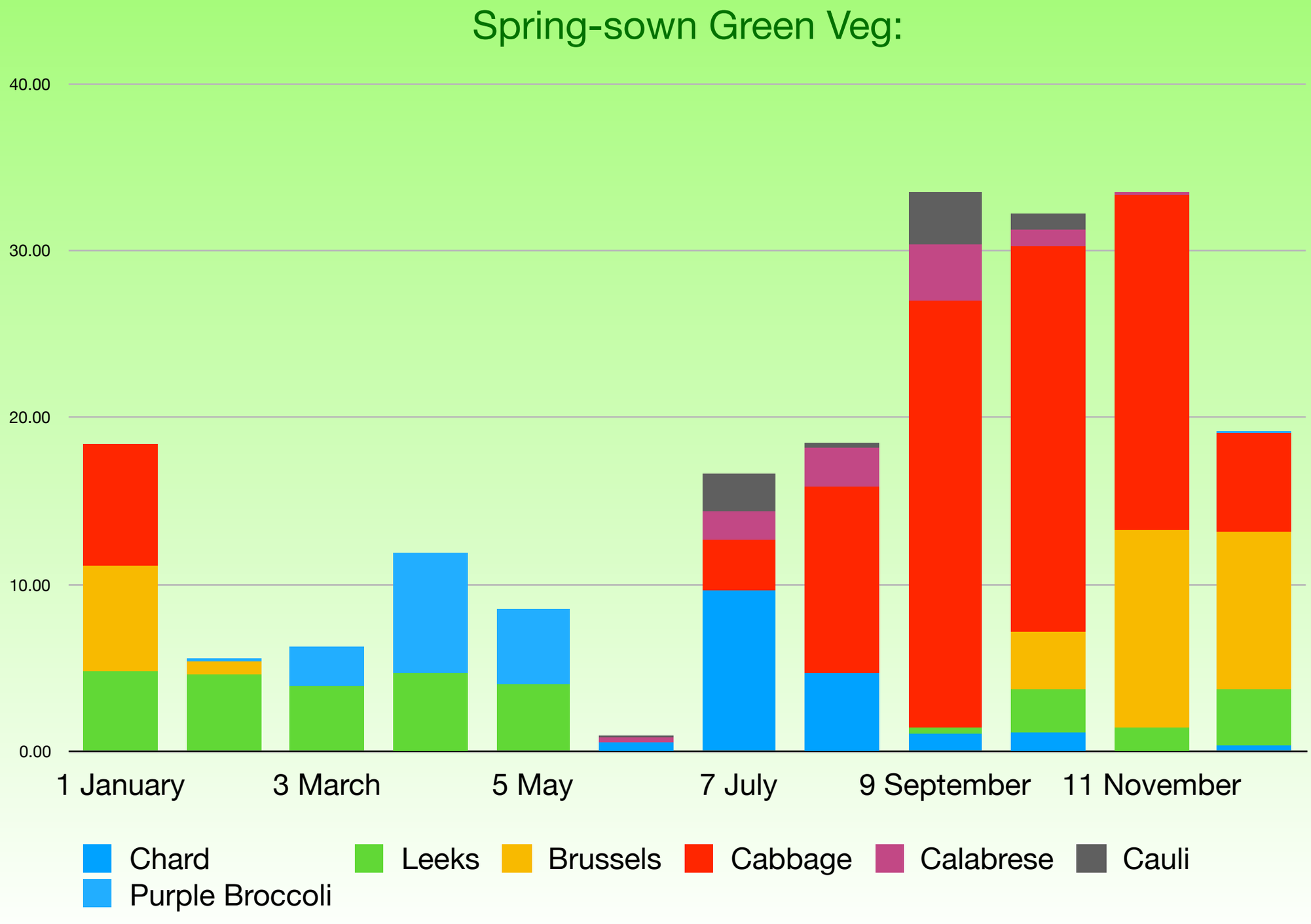
What it is about:

- Planning veg crops for harvest 12 months/year.
- What is the “Hungry Gap”?
- Crops to fill the Hungry Gap.
- Growing them.
- Cooking and eating them.

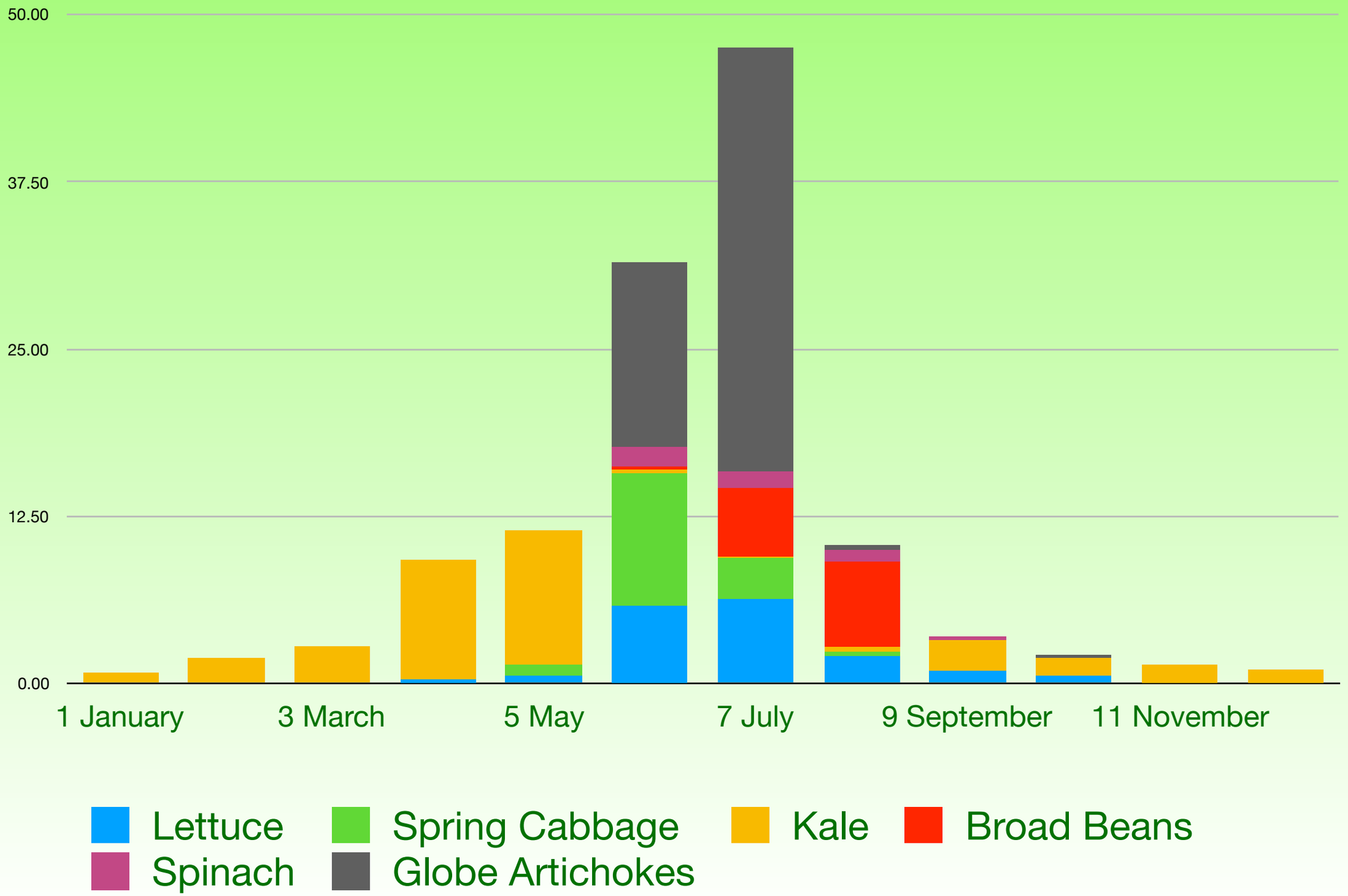
It is not about:

- Growing under glass.
- Crops for storing: potatoes, pumpkins, onions, etc.
- Preserving crops.

The “Hungry Gap”



Green Veg: Gap Fillers



Gap Filler Veg

- Spring Cabbage
- Broad Beans
- Lettuce
- Spinach
- Globe Artichoke
- (Kale)
- Cauliflower?
- Peas?
- Garlic Scapes

Spring Cabbage

- Sow July-August, or buy seedlings online.
- Plant out firmly in September-October.
- Protect from slugs, pigeons, etc.
- Leaves are a bit tougher than Greyhound, for example, so cook it rather than make coleslaw.

Early Broad Beans

- Hardy varieties like Aquadulce Claudia.
- Sow in the ground end of October, early November.
- Pick in June-July.

Lettuce

- Most mature in 10-14 weeks.
- Sow under cover in early March for June Harvest.
- Sow small batches every 2 weeks.

Spinach

- Sow direct in April-May for June Harvest. F1 hybrids do best for me.

Globe Artichoke

- A perennial that can occupy a quiet corner for years.
- Nothing much to do - just harvest in June-July.
- https://hollinlaneallotments.org/recipes/globe-artichokes/ for how to cook and eat them.

Kale Sprouts

- Kale (Pentland Brig shown) puts out sprouts in April-May.
- Delicious! **Much** nicer than stringy older leaves, and very nutritious.
- https://hollinlaneallotments.org/recipes/kale-sprouts/ for how to cook.
- Occupies the ground until end May. Mulch well in March/April with compost, then follow with tender crops like sweet corn, pumpkins, etc.

Cauliflower

- From A.G.L. Hellyer, *The Amateur Gardener* (revised 1954):

- “Because of their comparatively short season of growth it is essential that cauliflower shall receive no check from start to finish. The soil chosen for them should be rich and well watered …”

- “Cauliflowers can be cut outdoors in June from a sowing made in February in a warm greenhouse, provided an early variety is chosen. An alternative method is to sow the seed outdoors in September, transfer the seedlings to an unheated frame the following month and allow the seedlings to remain there throughout the winter. In either case the seedlings should be well hardened off for planting out as early in the spring as the weather allows.”

Peas

- Early varieties ready in 11 - 14 weeks. Sow in March or early April for June harvest.

- Try sowing in lengths of plastic gutter, then sliding seedlings out into prepared trench.

Garlic Scapes

- A delicious seasonal treat, *scapes* are curly flowering stems, sent up in June from autumn planted hardneck garlic.

- Pick the scapes before they straighten out and become tough. This does not harm the growing garlic bulbs.

- https://hollinlaneallotments.org/recipes/garlic-scapes/ for more.

Percent of Household Income Spent on Food

- 1952: 40%
- 1985: 20%
- 2005: 10%