



#VegPower Veg of the Week
#EatThemToDefeatThem

Between January and Easter 2019 VegPower UK and ITV ran an advertising campaign encouraging families to ‘defeat the veg’ by eating them. Thanks to an idea from the Leadgate Taskforce Growing Durham created nearly 500 packs of each of the 10 Veg of the Week. These growing notes give you some idea of how to grow them for yourself. For more information, check the Growing Durham Facebook page or sign up for the Growing Durham Newsletter.

Growing notes

Vegetable	Seedling image		J	F	M	A	M	J	J	A	S	O	N	D
Carrots – sow in the place where you want to grow them either in the garden or in a large (30 cm) pot. Make sure there is @6cm between seeds and cover with a thin layer of compost. Water regularly and remove weeds		sow				✓	✓	✓						
		harvest							☺	☺	☺			

<p>Sweetcorn – Sow indoors in small pots with one seed per pot and keep on a sunny window sill or in a greenhouse. When the plants are about 20cm high plant out in a sunny, sheltered spot. Plant out in a 30cm square with a plant on each corner. You can also plant them out in a polytunnel if you have one. Keep weeded and watered.</p>		sow					✓								
		plant out						↓							
		harvest									😊	😊			
<p>Broccoli – Sow outside or in pots and cover with a very thin layer of compost. When seedlings are big enough to handle, plant out or thin and leave @30 cm between plants. Water and weed regularly. Protect from cabbage white butterfly with some fleece or netting if you can. Cut the central broccoli head when it is ready and leave the plants to grow more from side shoots</p>		sow			✓	✓	✓								
		plant out or thin					✓	✓	✓						
		harvest									😊	😊	😊		
<p>Cauliflower- Follow the same instructions as for broccoli but note the difference in timing</p>		sow				✓	✓	✓							
		plant out or thin						✓	✓	✓					
		harvest	😊	😊										😊	😊
<p>Pepper- Sow 2 seeds per pot and keep on a sunny windowsill. When seedlings are big enough to handle, pot on into larger pots (up to about</p>		sow				✓	✓								
		plant out and pot on						✓	✓						

<p>1lr. Keep in a greenhouse or polytunnel, on a sunny windowsill or in a warm shelters spot outside. Water regularly</p>		<p>harvest</p>										☺	☺			
<p>Peas for pods- These could be the easiest! Sow outside or in pots and protect from mice and birds. When plants are about 10 cm high provide with some support to climb up (e.g. netting). Water and weed regularly. Pick pods when well filled.</p>		<p>sow</p>			✓	✓	✓									
		<p>plant out</p>				✓	✓									
		<p>harvest</p>						☺	☺							
<p>Peas for shoots- as above but keep in pots. Harvest when shoots are about 12-15cm high. You could try and grow a second crop from the same plants</p>		<p>sow</p>			✓	✓	✓	✓	✓							
		<p>harvest</p>				☺	☺	☺	☺	☺						
<p>Tomatoes- Sow in pot and keep on a warm windowsill. When seedlings are about 6cm, gently separate plants and pot on into separate pots of 10-15 cm. Water regularly and provide support with a stick or cane. Plant out in a warm sheltered spot or pot on again into larger pot. Keep fed (tomato feed) and watered. Harvest when fruit is deep red.</p>		<p>sow</p>			✓											
		<p>plant out and pot on</p>				✓	✓									
<p>Butternut squash- Sow 2 seeds per pot and cover with compost. Keep on a warm windowsill, greenhouse</p>		<p>Sow and pot on</p>			✓	✓										

<p>or polytunnel When seedlings are about 7-10cm, carefully separate plants and plant in 10-15cm pots. Plant out in a sunny spot when the weather is properly warmed up and water and feed regularly. They are big plants and need plenty space.</p>		<p>plant out</p>				✓	✓								
<p>Cucumber- - Sow in pot and keep on a warm windowsill. When seedlings are about 6cm, gently separate plants and pot on into separate pots of 10-15 cm. Water regularly and provide support with a stick or cane. Plant out in a warm sheltered spot. Keep well-watered. Harvest when fruit is about 25cm long</p>		<p>sow and pot on</p>			✓	✓									
<p>Cabbage- Sow outside or in pots and cover with a very thin layer of compost. When seedlings are big enough to handle, plant out or thin and leave @30 cm between plants. Water and weed regularly. Protect from cabbage white butterfly with some fleece or netting if you can.</p>		<p>sow</p>	✓	✓	✓										
		<p>plant out</p>			✓	✓	✓								
		<p>harvest</p>							☺	☺					
									☺	☺	☺				

The internet is a great place to get more advice about growing your own veg and to see clips about things like potting on and planting out. You can also follow Growing Durham on Facebook or sign up to the Growing Durham occasional newsletter via our website www.fooddurham.net/growing-durham