

## The Kitchen Garden in Summer

### Successional sowing

Successional sowing is the practice of sowing a small amount of the same vegetable in succession during the growing season. This should provide a continuous supply while avoiding gluts. You use succession sowing for things that you don't want to eat all at once or for vegetables that you cannot store long term - e.g. lettuce. You wouldn't want to eat a couple of dozen lettuce within a couple of weeks – so if you spread the sowing, you spread the harvesting. This works best for crops that don't require a long growing time. You can also make use of different varieties, to extend your harvest. This is commonly done with potatoes - so first earlies, second earlies, and maincrop varieties would be planted a few weeks apart to give you a continuing harvest during the season.

Here is a list of suitable crops for successional sowing:

- **Beets** (beetroot, chard and perpetual spinach) - Make monthly sowings beginning in early to mid spring and continue until mid summer.
- **Lettuce** - Sow every two weeks or so, starting in spring.
- **Calabrese broccoli** - Make monthly sowings from mid spring to early summer.
- **Spinach** - Sow every three weeks or so, starting in early spring and continuing until mid Summer.
- **Peas** - Sow throughout the spring.
- **Small radishes** - Sow every two weeks from early spring to early autumn.

Garden Organic have a very useful fact-sheet entitled “Banishing gluts in the vegetable garden” which is available online.

<http://www.gardenorganic.org.uk/factsheets/gs6.php>

### Gluts from the Garden

If you do find yourself facing gluts from the garden, then there are many great resources with suggestions of recipes and ways and means of preserving, a few examples are listed below.

#### Web:

[http://www.overthegardengate.net/garden/herbs/glut\\_recipes.asp](http://www.overthegardengate.net/garden/herbs/glut_recipes.asp)

#### Books:

- The Boxing Clever Cookbook by Jacqueline Anne Jones & Joan Kathleen Wilmot
- What Will I Do with All Those Courgettes? by Elaine Borish
- What Will I Do with All Those Root Vegetables? by Elaine Borish
- Too Many Tomatoes, Squash, Beans, and Other Good Things: A Cookbook for When Your Garden Explodes by Lois Landay & Laura G. Myers
- How to Store Your Garden Produce: The Key to Self-sufficiency by Piers Warren
- Home Preservation of Fruit and Vegetables by Fish & Food Ministry of Agriculture