

JULY

WHAT TO DO NOW IN THE VEGETABLE GARDEN

July is usually the hottest month of the year so the vegetable garden may need plenty of water.

SEEDS TO SOW NOW:

Beans – French
Spring Cabbage
Lettuces
Oriental Greens
Pak choi
Rocket
Spring Onions

PLANT OUT/ TRANSPLANT NOW:

Sprouting Broccoli, Winter Cabbages, Kale, Leeks, Lettuces.

OTHER JOBS:

Watch out for potato blight (brown or pale spots on the foliage) and remove infected foliage straight away. Bin it or burn it, but don't add it to your compost heap.

Tomatoes – nip out the tops after they have set five trusses of fruit.

Thin out apples to give you larger fruits.

Take cuttings of herbs.

HARVEST:

Artichokes, Broad Beans, Beetroots, Summer Cabbage, Calabrese, Carrots, Chard, Courgettes, Garlic, Lettuces, Onions, Peas, Potatoes, Radishes, Shallots, Spinach, Spring Onions, Herbs, Currants, Blueberries, Gooseberries, Raspberries.

COOK:

It's a great month for making summer fruit pudding.

You need about 800g of mixed soft fruits (raspberries, blackcurrants and redcurrants are ideal), 150g of caster sugar and 8 slices of bread with the crusts cut off.

Carefully pick the berries off the stalks and rinse well.

Put the fruit and sugar in a pan and cook for about 5 minutes until the juices start to come out.

Line a pudding basing with slices of bread (you may have to cut it to fit), then pile in the fruit and cover with another slice of bread, cut to a circle to fit.

Put a saucer on top and a weight to press the pudding and leave it in the fridge overnight.

Turn out of the basin to serve – lovely with whipped cream!

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