

## Ideas for Hungry Gap fillers

### Tunnel

<b>Crop</b>	<b>Sow</b>	<b>Harvest</b>
Calabrese	Late Sep	May-June
Turnip	Feb	May
Mangetout	March	April
French Beans	March / plant April	May-June
Spring onions	Sept or Feb	
Carrots	Oct or Jan	
Beetroot	Early March	
Spinach	Sept or March	
Leaf Beet	Sept or Feb	
Lettuces	Jan/Feb	
Rocket	March	
Parsley	Sept	
Courgette	March / plant april	Late May / June
Cucumber	Early April	June

### Field

<b>Spring cabbage</b>	<b>Late Aug – Late Sept</b>	
Cauliflower	Specific varieties Patriot / Peron for example. Sow May Snowball – sow October	
Turnip	March	
Spring onions	July August	
Spinach	End of March	
Leaf Beet	Plant April from earlier seeding	
Lettuces	Plant April	June
Rocket	April	
Parsley	Regrowth from previous summer	
Strawberries	Honeoye can produce May fruit outdoors	

With thanks to Tim Deane