

# UK Sowing Calendar 2026

A practical month-by-month guide for vegetable and herb sowing in the UK  
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## Key:



Sow indoors



Sow outdoors



Plant out / transplant

|           |                                                              |                                                                                          |
|-----------|--------------------------------------------------------------|------------------------------------------------------------------------------------------|
| January   | Plan & order seeds                                           | —                                                                                        |
| February  | Onions, shallots, leeks, aubergines, peppers, tomatoes       | Broad beans, garlic (mild areas)                                                         |
| March     | Tomatoes, peppers, aubergines, chillies, brassicas           | Broad beans, peas, carrots, beetroot, spinach, radish, salad leaves                      |
| April     | Courgettes, pumpkins, squash, sweetcorn, cucumbers           | Beetroot, carrots, chard, kale, leeks, lettuces, parsnips, peas, radishes, rocket        |
| May       | Cucumbers, melons, pumpkins, squash, sweetcorn               | Beetroot, carrots, chard, kale, kohlrabi, lettuces, parsnips, peas, radishes, rocket     |
| June      | Cucumbers, melons, pumpkins, squash, sweetcorn               | Beetroot, carrots, chard, kale, lettuces, peas, radishes, rocket, spinach, spring onions |
| July      | Broccoli, cabbage, cauliflower, kale, leeks for winter       | Beetroot, carrots, chard, Florence fennel, lettuces, peas, radishes, rocket              |
| August    | Winter lettuces, spring cabbage, kale, onions from last year | Beetroot, carrots, chard, Florence fennel, lettuces, mizuna, pak choi, radishes          |
| September | Garlic (for next spring), broad beans, hardy peas            | Lettuces, mizuna, pak choi, radishes, rocket, spinach, spring onions, turnips            |
| October   | Broad beans, garlic                                          | Winter lettuce, hardy peas, spinach                                                      |
| November  | Plan next year, order seeds                                  | Garlic, broad beans (mild areas)                                                         |
| December  | Rest, plan, maintain tools                                   | —                                                                                        |