
















# Winter vegetables

Even though summer only really begins in June, it's already time to start thinking about the winter harvest. Because harvesting from your own garden doesn't have to end in autumn. There are many types of vegetables that tolerate cold and frost well and can therefore also be harvested in winter if you give them time to grow big and strong over the summer. We have compiled a list of winter vegetables that can be grown in summer for autumn and winter.

|  | JAN           | FEB                  | MAR                  | APR                  | MAY                  | JUN     | JUL                  | AUG                  | SEP     | OCT     | NOV | DEC | Good companionship                          |
|--|---------------|----------------------|----------------------|----------------------|----------------------|---------|----------------------|----------------------|---------|---------|-----|-----|---|
|  <b>Stem cabbage</b><br>Cime di Rapa                   |               |                      | Seed starting        | Sowing/transplanting |                      | Harvest |                      |                      |         |         |     |     | Spinach<br>Peas<br>Beans                    |
|  <b>Chard</b><br>Bright Lights                         |               |                      |                      | Seed starting        | Sowing/transplanting | Harvest |                      |                      |         |         |     |     | Cauliflower<br>Collard greens<br>Spinach    |
|  <b>Lettuce (Radicchio)</b><br>Castelfranco            |               |                      |                      | Seed starting        | Sowing/transplanting |         | Harvest              |                      |         |         |     |     | Dill<br>Tomato<br>Fennel                    |
|  <b>Lettuce</b><br>Red giant                           |               |                      |                      | Sowing/transplanting | Harvest              |         |                      |                      |         |         |     |     | Spinach<br>Carrot<br>Peas                   |
|  <b>Tat Soi</b><br>Rosetten Pak<br>Choi                |               |                      | Seed starting        | Sowing/transplanting | Harvest              |         |                      |                      |         |         |     |     | Beetroot<br>Chard<br>Leeks                  |
|  <b>Radish</b><br>Eiszapfen                           |               |                      | Sowing/transplanting |                      | Harvest              |         |                      |                      |         |         |     |     | Brussels sprouts<br>Chard<br>Parsnip        |
|  <b>Collard greens</b><br>Nero di<br>Toscana         |               |                      | Seed starting        | Sowing/transplanting |                      |         | Harvest              |                      |         |         |     |     | Mint<br>Parsnip<br>Potato                   |
|  <b>Spring onion</b><br>Freddy                       |               |                      | Seed starting        | Sowing/transplanting |                      |         | Harvest              |                      |         |         |     |     | Beetroot<br>Leeks<br>Brussels sprouts       |
|  <b>Lettuce (Lamb's lettuce)</b><br>Verte de Cambrai | Harvest       |                      |                      |                      |                      |         | Sowing/transplanting |                      | Harvest |         |     |     | Cauliflower<br>Fennel<br>Brussels sprouts   |
|  <b>Spinach</b><br>Winterriesen                      | Harvest       |                      | Sowing/transplanting |                      | Harvest              |         |                      |                      |         |         |     |     | Cauliflower<br>Potato<br>Miner's lettuce    |
|  <b>Miner's lettuce</b><br>Montia<br>perfoliata      | Harvest       |                      |                      |                      | Harvest              |         |                      | Sowing/transplanting |         | Harvest |     |     | Lamb's lettuce<br>Parsnip<br>Collard greens |
|  <b>Collard greens</b><br>Westerländer<br>Winter     | Harvest       |                      |                      | Seed starting        | Sowing/transplanting |         |                      |                      |         | Harvest |     |     | Parsnip<br>Beetroot<br>Chard                |
|  <b>Parsnip</b><br>White King                        |               |                      | Sowing/transplanting |                      |                      |         |                      |                      | Harvest |         |     |     | Cauliflower<br>Beetroot<br>Chives           |
|  <b>Winter lettuce</b><br>Baquieu                    | Seed starting | Sowing/transplanting |                      |                      | Harvest              |         |                      |                      |         |         |     |     | Dill<br>Cucumber<br>Onion                   |
|  <b>Brussels sprouts</b><br>Flower Sprouts           |               |                      | Seed starting        | Sowing/transplanting |                      |         |                      |                      |         | Harvest |     |     | Parsnip<br>Radish<br>Chard                  |

Seed starting    Sowing/transplanting    Harvest