



# July Growing Guide

Winter is a slower time of year in the garden, however there are still many plant additions and garden maintenance to keep you busy!

Use this time to improve your soil by topping up the compost in your garden beds. Read our 'Introduction to Composting' blog to learn more.



## VEGGIES

July is an ideal time to plant seedlings of the following vegetables:

- Bok Choy
- Lettuce
- Onion
- Peas



## HERBS

This month, herb options for any windowsill, pot or patch include:

- Coriander
- Thyme
- Parsley
- Oregano

For more growing resources, head to:  
[www.foodfromhome.org/resources/](http://www.foodfromhome.org/resources/)

