

PEA

KEY FACTS: Dig the ground incorporating plenty of well rotted garden compost, preferably the preceding autumn or winter. Sow November-March under cloches, providing the soil is not too wet or cold. Fortune can be sown in November in a sheltered position for cropping the following June. For main crops sow outdoors from March 5cm (2") deep, approx. 20 seeds per 30cm (12"), in drills 15-20cm (6-8") wide, with 60-90cm (2-3') between rows. For exact information see packets. Harvest June-onwards.

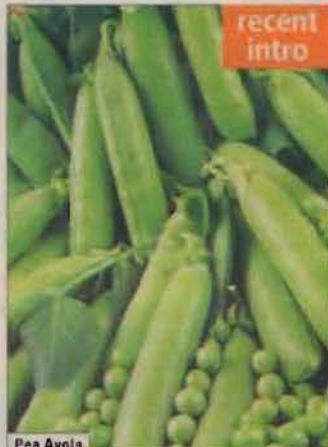
KEY FEATURES:

+ Good source of vitamin B1 and folic acid. Mangetout types are a good source of vitamins A & C as the pod is eaten in addition to the seeds and are high in potassium. Peas contain soluble fibre useful in removing harmful cholesterol.

+ Eat raw or steam gently to retain nutrient values. As soon as pods are harvested, sugars begin conversion to starch, so eat soon after picking.

EARLY PEAS (USUALLY READY FOR USE 11-14 WEEKS AFTER SOWING).

*** AVOLA** An excellent long-podded early variety combining good colour and flavour, producing up to 8 peas to each pod. Freezes well. Moderate resistance to Downy Mildew. Recommended in place of Progress No.9 which is no longer available. Ht. 60cm (2'). 200 seeds. **43 00 68 £1.50**



Pea Avola

*** EARLY ONWARD** Of vigorous growth, short jointed and heavy cropping with well-filled, blunt pods. Ht. 60cm (2'). AGM. 300 seeds. **43 02 11 £1.25**

FORTUNE This superb variety boasts reliable yields and excellent quality. Superb for overwintering or spring cropping. Ht. 45-60cm (1½-2'). 350 seeds. **43 02 54 £1.40**



Pea Kelvedon Wonder

*** KELVEDON WONDER** Producing a very heavy crop of well-filled, dark-green pods. One of the best varieties for successional sowings. Resistant to mildew. Ht. 45-60cm (1½-2'). AGM. 400 seeds. **43 00 41 £1.30**

*** LITTLE MARVEL** A popular early dwarf Pea. The pods are blunt ended, produced in great profusion, and the peas have a particularly fine sweetness and flavour. Ht. 45cm (1½'). AGM. 400 seeds. **43 00 76 £1.30**

MAINCROP/LATE PEAS (USUALLY READY 14-16 WEEKS AFTER SOWING; SOW MARCH-JUNE DIRECTLY INTO SOIL, HARVEST JUNE-MID OCT).

*** ALDERMAN** A tall variety grown all over the country since few varieties crop so well. The long, thick pods often contain 11 large peas of excellent flavour. Ht. 1.5-1.8m (5-6'). 300 seeds. **43 05 56 £1.30**

*** NIAB HURST GREEN SHAFT** Borne in pairs, the pods are about 11cm (4½") long and carry from 9-11 delicious, sweetly flavoured peas. Reliably produces heavy crops and is highly disease resistant. Ht. 60-75cm (2-2½'). AGM. 400 seeds. **43 02 38 £1.30**



Pea Hurst Green Shaft

*** ONWARD** A first-class, early maincrop which carries heavy crops of dark green, blunt-nosed pods in pairs. Resistant to Fusarium Wilt, and of very fine flavour. Ht. 75-90cm (2½-3'). AGM. 300 seeds. **43 06 29 £1.20**

SNAP PEAS (MANGETOUT)

These Peas have edible pods which are thick and juicy. Round, firm and sweetly delicious, the tender young pods can be cooked and served whole, or if preferred, the peas and pods can be prepared and served separately. Grow just like ordinary Peas; sow March-mid June, harvest mid June-Sept.

PEA (SUGAR SNAP) PLANTS

DELIKETT With its heavy yields and its deliciously sweet flavour, this round podded Mangetout type Pea will make a great contribution to your dinner plate. Ht. 75cm (30"). AGM.

10 POT READY PLANTS **47 46 21 £8.95**

20 POT READY PLANTS **SAVE £4.95 47 46 31 £12.95**



Pea Delikett

*** SUGAR ANN** An early and very productive variety, producing good crops of well-filled pods with peas that are delicious and sweet. Ht. 75-90cm (2½-3'). AGM. 330 seeds. **43 00 33 £1.95**

SUGAR CRYSTAL The first semi-leafless Snap Pea, this high yielding variety can produce 2 pods per node and 7-8 delicious peas per pod. Can be planted from June-July onwards as it is resistant to Powdery Mildew and Fusarium. Ht. 90-120cm (3-4'). 450 seeds. **43 06 53 £2.05**



Snap Pea Sugar Crystal

PEPPER

Please see under Capsicum, page 14.

PUMPKIN

KEY FACTS: Grow Pumpkins as suggested for Marrows. To grow really big fruits leave only two fruits to each plant. Cut away all other growth leaving only a few leaves to each fruit. Move fruits frequently to give good shape and colour. Sow end April-May indoors, harvest Sept-Oct.

KEY FEATURES:

+ Excellent antioxidant properties and a good source of vitamin B1 & E. Pumpkin seeds are also highly nutritious.

*** NIAB MAMMOTH** An orange-skinned variety with yellow flesh, which gardeners have grown to a weight of over 50kg. 12 seeds. **43 97 09 £1.00**



Pumpkin Mammoth

ORBIT F1 The bright orange, quick maturing, strong-handled fruit of this semi-bush variety are delicious to eat, and perfect for Halloween. Fruits weigh 6-8lbs and store well in a dry environment at approx 10°C. 10 seeds. **43 97 17 £1.30**

See also under Squash page 33.

Potato - Please see overleaf.

RADICCHIO

KEY FEATURES:

+ High in antioxidants with good quantities of calcium and iron.

PALLA ROSSA RED DEVIL A superb selection of this versatile vegetable. An ideal addition to autumn salads, the large red heads produce colourful leaves with attractive white veining and a distinctive taste. Best sown late June-July for Sept-Nov harvesting. Red Devil will withstand early frosts. Row 4.5m (15'). 450 seeds. **43 82 66 £1.15**



Radicchio Palla Rossa Red Devil

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