

## REAP GARDENING GROUP – BEST THINGS TO GROW

This list represents the best of the fruit and vegetables that members of the Gardening Group would recommend to anyone with limited space or who is new to vegetable growing.

### **Good Reasons to grow something include:**

It is easy to grow

It produces good yields

You can grow much nicer varieties than what is available to buy

It is expensive to buy

It just tastes better when it is really fresh

If a fruit or vegetable doesn't tick a few items on that list, then you must ask yourself if it really deserves the space on your plot!

### **TOP 10 VEGETABLES**

(Not in any order)

**Salad leaves** – cut and come again varieties produce crops over a long period, grow quickly and taste lovely. They are easy to grow.

**Dwarf Green Beans** – Crop well in a small space.

**Herbs like Parsley and Coriander** – Easy to grow and expensive to buy in the supermarket.

**Beetroot** – Really easy, grows quickly, you can eat the thinnings in salads as well as mature beetroots and they are so much nicer when fresh and not soaked in vinegar as they are in supermarkets.

**Broad Beans** – Easy and high yielding.

**Runner Beans** – Easy, High Yielding and really attractive plants too.

**Swiss Chard** – Easy, tasty and pretty. Rarely available to buy from the supermarket.

**Spinach** – We all love both ordinary and perpetual spinach. It is quick to mature, easy to grow and has so many uses.

**Purple Sprouting Broccoli** – Has a high yield and is ready in winter when there is not much else to harvest.

**Leeks** – Good winter crop.

We also like growing garlic, chillis and tomatoes. Tomatoes and chillis can take a bit of effort to grow, but you can grow them in pots, there are so many varieties to choose from and they are just delicious when freshly grown.

### **FAVOURITE FRUITS**

**Strawberries** – So delicious, and they are easy to grow and plants send out runners to increase your stock.

**Raspberries** – Very easy to grow, don't mind a bit of shade and if you grow two varieties you can enjoy fruits from early summer to the first frosts.

**Rhubarb** – Unfussy, simple to grow and delicious – everyone can spare a little corner for this.

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