

The ***Veg of the Month*** for **August** are **beetroot and rocket!**

Beetroot was originally used for headaches and toothaches. The French are responsible for its popularity as a food when their chefs started using it in the 1800s. This multiuse veggie is great in all gardens and can be planted quite close together. Until the root is harvested for its deliciously sweet flavour, the leaves can be used in salads and stir-fries.

Rocket is much cheaper to grow than buying in the shops, so get planting. It is a fast grower and does well alongside lettuce, radishes and spring onion. If your garden produces more than you can eat, then rocket pesto goes down well with most dishes!

### **What to do with your veg in August**

- Dig and enrich new beds
- Prepare beds for summer veg
- Harvest those delicious winter veg
- Keep the ground well mulched and sow green manures in between the veg
- Add improvements such as lime

Other veg to be planted in August include beans, lettuce, carrots, potatoes, radishes, tomatoes, pumpkins, turnips and peas.

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Pop into Starke Ayres Garden Centre to stock up on this month's healthy winners.