

The ***Veg of the Month*** for **October** is **celery!**

There are many reasons why celery is taking first prize this month. Not only does it have celebrity status among dieters, but it is also great for an all-round healthy system.

Celery likes water and cool conditions. It takes a while longer to grow than other veggies but the results are well worth the time spent waiting. To save time, however, buy the seedlings and plant them directly into your food garden.

Because of its strong flavour, only a little is needed at a time for cooking. This means that only a few stalks need to be grown at a time and they won't take up space in the garden. Plant celery near brassica veggies as it repels white cabbage butterfly.

What to do with your veg in October

- As the days warm up, remember to water regularly
- Keep an eye out for aphids this time of year
- Spray foliage of all veggies frequently with seaweed
- Sow in some more seed trays and transplant your seedlings
- Sow in green manures between veggie rows and mulch the ground well

Other veg to be planted in October are watermelon, turnip, sweetcorn, strawberries, squash, radish, pumpkin, potato, lettuce, cucumber, beans, beetroot and peppers.

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