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This week on Ireland’s Classic Hits Radio we’re looking at the different veg you can grow at this time of the year.

**7 Easy Spring Vegetables You Can Grow Yourself**

This selection of spring vegetables is perfect for both beginners and intermediate gardeners alike. They all produce a wealth of food to be harvested, and some can be picked over and over again too.

**Lettuce**: The two main types of lettuce are the hard-cored hearting lettuce and then the loose-leafed ones. These loose-leaf lettuce varieties can be grown very easily and will continue to provide you with tasty salad leaves for months.

**Spinach**: This healthy, leafy vegetable is packed with iron and protein, making it a perfect addition to any diet. It grows fast and easily and is perfect for almost any dish, from pasta to curries and salads.

Your spinach needs some quality fertile soil that retains moisture to thrive, so it grows very well [in the shade.](https://www.wmjames.co.uk/catalogsearch/result/?q=shade)

**Radishes**: Radishes are another fantastic addition to salads, adding a slightly fiery and flavoursome crunch to your dish. They can be somewhat temperamental if you don't take care of them properly, but with enough care, you'll have a wonderful harvest.

**Carrots**: Nothing beats a great homegrown carrot, and this cornerstone of the crop world is the perfect choice if you've got a little bit of space. Plant some of these in a [raised bed](https://www.wmjames.co.uk/greenhouses-sowing/raised-beds-planters/raised-beds.html) alongside rows of potatoes and other root vegetables.

**Beetroot**: Beetroot or beets are perfect vegetables due to their adaptability. Slice them on top of a salad, roast them up on a Sunday afternoon, or throw them in an airtight jar with some vinegar and some mustard seeds for some delicious pickled beetroot.

**Beans**: Beans are fantastic additions to any garden as they produce a lot of food in such a small area due to their verticality. They require a sunny space with a bit of cover and should be sown outside during March and April to be harvested over the entire summer.

**Turnips**: Turnips are perfect for harvesting during the winter months and make for an amazing addition to a hearty stew. However, you can grow early turnips, sowing in March to harvest throughout the summer.

**For more information:**

[www.betterplants.ie](http://www.betterplants.ie)

[www.independent.ie/life/home-garden/gardens/diarmuid-gavin-how-to-grow-your-own-vegetables-this-spring/35524490.html](http://www.independent.ie/life/home-garden/gardens/diarmuid-gavin-how-to-grow-your-own-vegetables-this-spring/35524490.html)

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