

# July Growing Guide

Winter is a slower time of year in the garden, however there are still many plant additions and garden maintenance to keep you busy!

Use this time to improve your soil by topping up the compost in your garden beds. Read our '[Introduction to Composting](#)' blog to learn more.

## Vegetable seedlings to plant in July:

- Bok Choy
- Onion
- Lettuce
- Peas

## Herb seedlings to plant in July:

- Coriander
- Parsley
- Oregano
- Thyme

For more growing resources, head to:  
[www.foodfromhome.org/resources/](http://www.foodfromhome.org/resources/)

