



## EXPERT SHARES HOW TO MAKE THE MOST OF YOUR GARDEN THIS WINTER WITH THESE COLD WEATHER CROPS

- As winter approaches, many gardeners will be putting down their trowels, however the frosty season can actually be a great time of year to plant some essential kitchen staples.
- November marks 'Veg Pledge Month', a time encouraging people to grow and eat more plants
- From garlic to kale, expert gardener and B&Q's Horticultural Buying Manager, Mark Sage, has shared his top tips for how to get the most out of the garden in the cold

**London, November 2025:** Many gardeners think that now is the time to pack away their trowels until spring. However, gardening expert and B&Q's Horticultural Buying Manager, Mark Sage, says winter is far from a dormant season.

This month marks 'Veg Pledge Month', a time that encourages people to try more plant-based meals and make sustainable life changes. For households interested in growing more of their own vegetables, B&Q is showing how easy it can be to live more sustainably, save money, and enjoy fresh produce throughout the colder months. Gardeners who get a head start now could set their vegetable patches up for months of rewarding harvests.

**Mark says:** "It's a common misconception that gardening stops when frost sets in. But in fact, autumn and early winter are perfect for sowing hardy crops that will quietly grow through the colder months and burst into life as soon as the days start lengthening again. It's also a great time for gardeners to start planning ahead for next year's harvests. Garlic, onions, and spinach are not just really useful kitchen ingredients, they are also one of the easiest and most rewarding crops you can grow right now."

### Winter crops that thrive in the cold

While many summer favourites such as peppers and tomatoes may have faded, there are still plenty of resilient plants that thrive in low light and the colder months. Mark explains that these low-maintenance kitchen favourites don't just survive the chilly weather, they actually benefit from it.





**Mark says:** "Garlic and onions actually prefer a cold spell. Planting them now, helps them to establish a strong root system, meaning bigger, healthier bulbs by the time spring arrives. Spinach and hardy greens such as kale are also great choices for this time of year. They're quick to germinate, full of nutrients, and continue producing crops even when temperatures drop. What's more, now is the perfect time to buy seeds for the year ahead, so have a think about how you want your garden to look in spring and work backwards from there."

### Simple steps for a successful winter garden

Gardening in autumn and winter isn't without its challenges, but for those keen to make the most of their outdoor spaces year-round, a little extra protection can make all the difference. Above all, the key to a successful winter garden is simple preparation and patience.



**Mark says:** “Even though vegetables like these are harder than others, they still appreciate some shelter. Using a simple fleece will keep frost off young plants and help extend your growing season. Winter gardening isn’t about constant tending; it’s about setting things up to thrive and letting nature do the rest. Healthy soil, good compost, and the right protection will help see your crops through until spring. Then, when everyone else is just kicking off their vegetable patches, you’ll already be harvesting.”

Mark's top plants and products:			
			
<a href="#">Verve White Plastic Fleece Pack of 3</a>	<a href="#">Verve Stuttgarter Giant Onion Sets</a>	<a href="#">Verve Kale 'Black Magic' Vegetable Seeds</a>	<a href="#">Verve Peat-free Multi-purpose Compost 100L</a>
£5	£4	£3	£13

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