



19th January 2026

Get ahead of the growing season as British Garden Centres reveal what to sow and plant in January

While most of us are still hibernating indoors, British Garden Centres' gardening experts are encouraging gardeners to start sowing and planning now for a vibrant spring and summer garden. January might seem too early, but it's actually the perfect time to get ahead and planting and sowing now means earlier harvests and better blooms when the weather warms up. The team has put together a guide on what you can plant and sow right now.

Vegetables and Salads

Start chitting your early seed potatoes in egg boxes somewhere cool and bright, like a sunny windowsill. By doing this now, you will encourage the growth of sturdy shoots, which will give you a head start come planting time. If the ground isn't frozen or waterlogged, you can plant onion sets, shallots, and garlic cloves directly into the soil.

Under cover in a greenhouse, cold frame, or sunny windowsill, get broad beans going in pots. Hardy salad leaves, rocket, and oriental greens will keep you in fresh pickings throughout the colder months. You can also start early peas like 'Meteor' or 'Feltham First' in guttering or deep trays, ready to plant into the ground later. Microgreens are perfect for January windowsills too – cress, mustard, and radish shoots are ready to harvest in just weeks and pack a flavourful punch in salads and sandwiches.

Herbs

Parsley and coriander are notoriously slow starters, so sow them now in pots indoors or in an unheated greenhouse where they'll get plenty of light. Cut-and-come-again varieties like chives, basil, dill, and mizuna thrive on a sunny windowsill and grow quickly enough to have you snipping fresh herbs for cooking within weeks.

Outdoors, hardy woody herbs such as rosemary, sage, thyme, and bay can go in wherever the soil drains well, in the ground or pots. Mint can be divided and replanted now while it's dormant. Just make sure to contain it in a pot to stop it from taking over.



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Fruit Trees, Bushes and Canes

January is ideal for bare-root planting. Apples, pears, plums, raspberries, currants, and gooseberries all settle happily into cool, moist soil without the stress of summer heat. Strawberries also work beautifully as bare-root plants or runners in beds, pots, or hanging baskets.

Rhubarb crowns can go in now too, and if you've got established plants, you can force them under pots or forcing jars for tender early stems perfect for crumbles and compotes.

Perennials, Roses and Shrubs

Bare-root roses are a January staple. Hardy deciduous shrubs like buddleia and viburnum, along with herbaceous perennials such as geraniums and rudbeckia, establish well when planted now. As the UK winter can vary, just make sure the ground isn't frozen or waterlogged before planting. The cooler temperatures allow roots to settle in before the spring growth surge.

Climbers like honeysuckle, clematis, and jasmine can also go in as bare-root plants, giving them time to develop strong root systems before they start climbing in spring.

Flowers and greenhouse sowings

Get sweet peas into deep pots or root trainers now for cold frames or unheated greenhouses – they need plenty of room for their roots. If you have a heated space, start summer bedding plants like begonias, lobelias, geraniums, and pelargoniums. Hardy annuals such as calendula, cornflower, and nigella can go into seed trays under cover.

Snapdragons sown now will give you sturdy plants for early summer colour, and if you're feeling adventurous, try starting aubergines and peppers in a heated propagator as they need a long growing season.

Now's also the perfect time to plan and order your summer bulbs. Dahlias, lilies, gladioli, and begonias bring vibrant colour through the warmest months, but popular varieties sell out quickly. Get organised now and shop online or in your local garden centre, and you'll have a stunning display when summer arrives.



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Download our free 12 month growing guide

New to growing from seed or need a quick refresher? British Garden Centres' free 12 month growing guide is the ultimate companion for year-round gardening success. With month-by-month sowing and planting advice, it takes the guesswork out of when to grow what. Download your copy at <https://www.britishgardencentres.com/wp-content/uploads/2025/01/BGC-Grow-your-own-guide-2025.pdf>

Julian Palphramand, Head of Plants at British Garden Centres, said: "January is the perfect month to start planning your garden. A little preparation now makes all the difference later in the year. Whether it's sowing early seeds, chitting potatoes or ordering bulbs, getting started this month sets you up for a fantastic display and a more productive garden come spring and summer."

For more information and to shop online, visit www.britishgardencentres.com or pop into your local British Garden Centres store.

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Notes to Editors:

About the business:

British Garden Centres (BGC) is the UK's largest family-owned garden centre group with 74 centres around the country. The group is owned and led by the Stubbs family, who also own and operate Woodthorpe Leisure Park in Lincolnshire.

BGC was launched in 1987 with the opening of Woodthorpe Garden Centre by brothers Charles and Robert Stubbs. Since 2018, it has expanded rapidly with the acquisition of 50 garden centres, allowing it to grow from its heartland to the business it is now, with 74 garden centres spread from Carmarthen to Ramsgate, Wimborne to East Durham.

The group has a team of 3500 colleagues working across the garden centres, restaurants, 2 growing nurseries, 4 distribution centres, Woodthorpe Leisure Park, and Woody's Restaurant & Bar.

Social Media

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Contact

Cassie King - PR Officer

cking@britishgardencentres.com