

April Market Shopping List ■

Serra de Monchique & Western Algarve · São Teotónio Market · Second week of April

Best time to plant: second week of April, once nights are consistently above 10°C. This year nights stayed cool late — always check before planting tomatoes and aubergines. El Niño building: hotter drier summer likely — get plants in early.

■ Buy as Seedlings

- **Tomatoes** — late April, warm soil
- **Aubergines** — same timing as tomatoes
- **Cucumbers** — warm sheltered spot
- **Courgettes** — if not started in trays
- **Leeks** — long season ahead
- **Onions** — plant out this month
- **Lettuce** — harvest before heat
- **Chard / leafy greens** — quick, harvest often

■ Sow Directly

- **Onions** — sets or direct sow
- **Peas** — last chance — hates heat
- **Carrots** — stone-free loose bed
- **Radishes** — 3-4 weeks to harvest
- **Lettuce / greens** — last sowings before heat

■ Start in Trays

- **Courgettes** — from mid-April
- **Squash / pumpkins** — same as courgettes

Do not plant tomatoes in cold soil — they stall. Do not sow courgettes directly outdoors yet — start in trays. Do not transplant in full midday sun — choose early morning or late afternoon.

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