

Sowing, Planting & Harvesting Guide

Plant and harvest fresh vegetables every month of the year

Key:

Sow seed in pots

Sow seed in garden or plant seedlings

Sow seed in garden

Sprout (chit) seed

Plant slips (rooted cuttings)

*Plant crowns

**Plant bulbs

Harvest

Harvest with succession planting

Harvest (after 2 years)

	VEGETABLE	WE RECOMMEND ICAN SEED	GOOD IN CONTAINERS	PLANTS FOR FAMILY OF 4	JUN	JUL	AUG	SEPT	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY
WARM SEASON VEGETABLES	Beans climbing		✓	20												
	Beans dwarf	Supreme	✓	30 to 50												
	Capsicum (pepper)		✓	3 to 4												
	Chilli		✓	1												
	Cucumber	Prolific Mini	✓	4 to 6												
	Eggplant (aubergine)		✓	4 to 6												
	Kumara			18 to 24												
	Melons			2 to 3												
	Pumpkins & squash	Buttercup Dry Delight		3 to 6												
	Sweet corn	Tender Sweet		20 to 24												
	Tomatoes	Flavoursome	✓	12 to 15												
	Zucchini (courgettes)	Leader	✓	3 to 6												
INTERMEDIATE SEASON VEGETABLES	Asian greens		✓	6 to 9												
	Asparagus			15 to 20												
	Beetroot	Red Lightning	✓	30												
	Carrots	Europa	✓	120												
	Celery			6 to 8												
	Leeks	Baby		20 to 30												
	Lettuce	Trendsetter	✓	9 to 12												
	Parsnips	Trafalgar		20 to 30												
	Radish	Olympus	✓	20												
	Silverbeet		✓	9 to 12												
	Spinach	Nutriplus	✓	12 to 15												
	Spring onions		✓	50												
COOL SEASON VEGETABLES	Broad beans	Mr Green Seed		30												
	Broccoli			6 to 9												
	Brussels sprouts			6 to 9												
	Cabbage			6 to 9												
	Cauliflower			6 to 9												
	Garlic			12 to 15												
	Onions			50 to 60												
	Peas	Magic	✓	100												
	Potatoes		✓	50 to 60												
	Shallots		✓	12 to 15												
	Swedes & turnips			30 to 40												

Notes This calendar serves as a guide to the planting seasons. In the regions, you may sow and plant earlier or later depending on your climate. If you have a greenhouse, you can start sowing and planting two to four weeks earlier.

* a crown is the base of a plant that has roots and shoots. When planted, they develop into full-sized plants.
** garlic and shallots are grown from bulbs which are the same as the edible part.