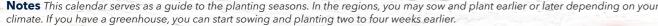
Sowing, Planting & Harvesting Guide

Plant and harvest fresh vegetables every month of the year



VEGETABLE	WE RECOMMEND ICAN SEED	GOOD IN CONTAINERS	PLANTS FOR FAMILY OF 4	JUN	JUL	AUG	SEPT	ост	NOV	DEC	JAN	FEB	MAR	APR	MA
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												
Zucchinis (courgettes)	Leader	✓	3 to 6												
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												
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												



^{**} garlic and shallots are grown from bulbs which are the same as the edible part.