

SOUTHERN HARVEST

QUALITY SEED FOR KITCHEN, COTTAGE & NATIVE GARDENERS
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Vegetable Sowing Guide – Temperate Climate

This is a rough seed sowing guide!!

No garden is the same. Soil type and protection, or exposure, from wind can make big differences to what can be grown in one garden compared to the one just 'over the fence'. Gardeners are always learning; to know the seasons, whether or not you get a frost (and if you do when they 'usually' start and finish), the direction of prevailing or damaging winds onto your property, the best and healthiest inputs and your soil types will help your garden grow. Understanding the micro-climates within your property can help you extend the season at either end and greatly increase your harvest. Simple things, like putting your heat-loving plants, such as tomatoes, eggplants, chilli, against a north facing wall will give them the extra warmth needed for much improved results. Keeping moisture-loving plants sheltered from the wind reduces the demand for watering.

When spacing your plants and rows remember that the more room that you give them the happier they will be. It is always tempting not to thin or plant them too close but in my experience the plants suffer as they have to compete for water, food and sunshine and there is less airflow between plants, which can promote disease, mildews etc. Adequate spacing will grow bigger, healthier plants that require less food and water.

	Temperate												Frost Tender	Spacing or Thin to (cm)		Opt. Germ.
	J	F	M	A	M	J	J	A	S	O	N	D	Refer note Δ	B/w Plants	B/w Rows	Temp °C
Amaranth													Yes	20-30	30-50	
Artichoke													No Δ	100	100	
Asparagus													No Δ	30-50	100	16-28
Asian Vegetables																
Choi Sum													No	20	30-40	8-24
Gai Lan													No	20-30	30-40	8-24
Hon Tsai Tai													No	20	30-40	8-24
Mibuna													No	40	30-40	8-24
Mizuna													No	20	30-40	8-24
Pak Choi													No	40	30-40	8-24
Wong Bok (cabbage)													No	40	60	8-24
Beans													Yes	10-15	60-100	16-28
Beetroot													No	10-20	30-40	10-28
Broad Bean													No	20	50-70	6-22
Broccoli													No	60	60	8-24
Broccoli Raab													No	20-30	30	8-24
Brussel Sprouts													No	50	75-90	8-24
Buckwheat													No	25	25	
Cabbage													No	50	60	8-24
Capsicum								Δ					Yes	50	60-80	19-35
Carrot													No	8-10	30	Aug-28
Cauliflower													No	50-70	50-70	8-24
Celery & Celeriac													No	20-30	50-70	16-21
Chicory and Endive													No	15-20	30	15-25
Chilli								Δ					Yes	50	60-80	19-35
Collards													No	30-50	60-80	8-28
Corn, Sweet									Δ				Yes	30	60	16-35
Cress													No	10-20	30	10-24
Cucumber								Δ	Δ				Yes	50	100	16-35
Eggplant								Δ	Δ				Yes	50	60-80	21-32
Fennel													No	20-30	30-50	10-36

	Temperate												Frost Tender	Spacing or Thin to (cm)		Opt. Germ.
	J	F	M	A	M	J	J	A	S	O	N	D	Refer note Δ	B/w Plants	B/w Rows	Temp °C
Fruits																
Cape Gooseberry								△					Yes	50	50-80	16-28
Strawberry, Alpine													No	20	30	5-17
Passionfruit								△					No	50-70	100	18-28
Garlic																
Gourd									△				Yes	200	200	21-32
Kale													No	60	60	14-28
Kohl rabi													No	15-20	30-40	9-28
Leek													No	15-20	30-40	8-30
Lettuce & Salad Greens																
Lettuce *													No Δ *	20-30	30-50	5-26
Corn Salad													No	10-20	30	5-21
Miners Lettuce													No	20	30-40	8-24
Cress													No	10-20	30	10-24
Watercress													No	10-20	30	10-24
Purslane								△					Yes	20	30-40	16-32
Rocket													No	10-20	30	8-24
Mibuna								△					No	20-30	30-40	8-24
Mizuna													No	10-20	30	8-24
French Sorel													No	20-30	30-40	8-28
Nasturtian													Yes	20-30	30-40	16-30
Edible Chrysanthemum								△					Yes	20	30	
Mustard Greens													No	20-30	30-40	8-24
Melons								△	△				Yes	100	150	24-35
Mustards													No	20-30	30-40	8-24
Onion and Shallots *													No	10-15	30-40	10-35
Onion, Salad													No	10-15	30-40	10-35
Parsnip													No	7-10	30-40	10-24
Parsley													No	15-20	30-40	12-28
Pea and Snowpea													No	5-10	60-100	5-24
Pumpkin									△				Yes	200	200	21-32
Raddicchio								△	△	△			No	30	30-40	5-28
Radish, Salad													No	5	30	7-32
Radish, Winter													No	5-10	30	7-32
Rhubarb													No	30-40	30-40	
Rocket													No	10-20	30	8-24
Scorzonera													No	10	30	15-24
Silverbeet													No	30-40	30-40	10-28
Spinach													No	20-30	30-40	7-21
Spring Onion													No	2-5	30	10-35
Squash and Marrow										△			Yes	80-100	80-100	21-32
Swede													No	20-30	30-40	10-28
Tomatillo									△				Yes	40-50	40-50	20-32
Tomato													Yes	100-120	60-80	16-28
Turnip													No	10-20	30-40	12-34
Watermelon									△	△			Yes	100-130	60-80	21-35
Zucchini									△	△			Yes	80-100	100-120	21-32

Notes:

△ To gain an early start and/or frost protection sow indoors or under cloche. If frost tender transplant once frosts have passed.

* Choose the correct variety (ie. winter or summer variety, short or long day varieties)