

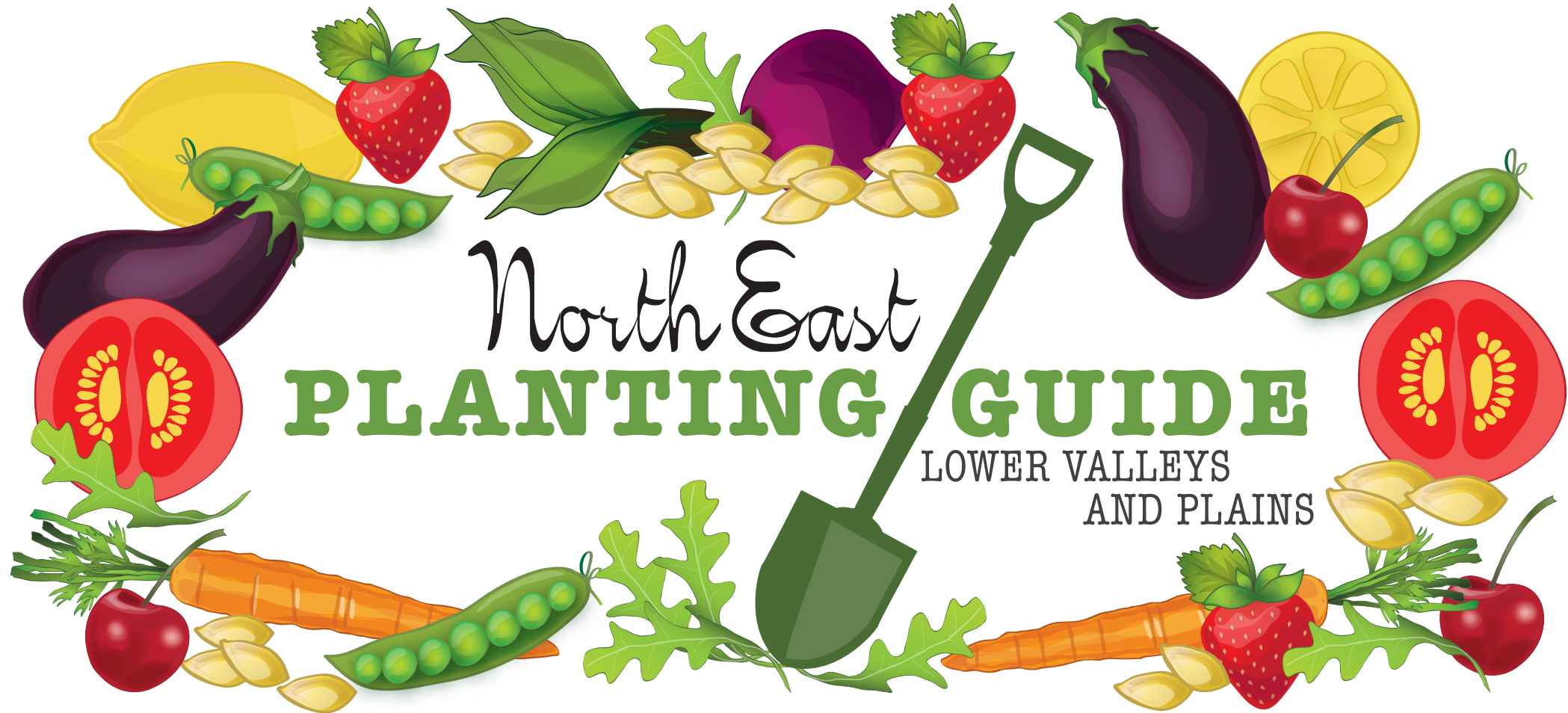


..... SOW SEEDS											
Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Basil Beans Beetroots Broccoli Brussel sprouts Cabbages# Carrots Cauliflower# Celery Coriander Kale Lettuce & salad greens Potatoes Radishes Spring onions Turnips	Asian greens Basil Beetroots Broccoli Brussel sprouts Cabbages# Carrots Cauliflower# Celery Coriander Kale Leeks Lettuce & salad greens Parsnips Radishes Silverbeet Spinach Spring onions Turnips	Asian greens Coriander Kale Leeks Lettuce & salad greens Parsnips Radishes Silverbeet Spinach Spring onions Turnips	Asian greens# Broadbeans Coriander Garlic Onions# Radishes Snow peas Spinach Spring onions	Asian greens# Broadbeans Garlic Onions# Snow peas Spinach Spring onions	Asian greens# Broadbeans Jerusalem artichokes Onions# Peas Spring onions	Soil is generally too cold for sowing seeds)	Broadbeans Jerusalem artichokes Onions# Peas Silverbeet* Snow peas Spinach Spring onions*	Asian greens Beetroots Broccoli Coriander Cabbages# Carrots Cauliflower# Jerusalem artichokes Kale Leeks Lettuce & salad greens Onions# Parsnips Peas Potatoes Radishes Silverbeet Snow peas Spring onions*	Asian greens Basil* Beetroots Broccoli Cabbages# Carrots Capsicums* Cauliflower# Celery* Coriander Fennel Kale Leeks Lettuce & salad greens Melons* Parsnips Peas Potatoes Pumpkins* Radishes Silverbeet Spring onions Snow peas Sweetcorn* Tomatoes* Zucchini*	Asian greens Basil Beans Beetroots Cabbages# Capsicums Cauliflower# Celery Coriander Cucumbers Eggplants Fennel Kale Lettuce & salad greens Peas Potatoes Pumpkins Radishes Spring onions Sweetcorn Tomatoes Zucchini	Asian greens Basil Beans Beetroots Cabbages# Capsicums Cauliflower# Celery Cucumbers Eggplants Fennel Kale Lettuce & salad greens Potatoes Pumpkins Radishes Spring onions Sweetcorn Tomatoes Zucchini
..... PLANT											
Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Basil Beans Broccoli Brussel sprouts Cabbages# Cauliflower# Celery Cucumbers Fennel Lettuce & salad greens Pumpkins Sweetcorn	Basil Broccoli Brussel sprouts Cabbages# Cauliflower# Celery Kale Leeks Lettuce & salad greens Silverbeet Spring onions	Asian greens Broccoli Brussel sprouts Cabbages# Cauliflower# Celery Kale Leeks Lettuce & salad greens Silverbeet Spinach Spring onions	Asian greens# Broccoli Cauliflower# Kale Leeks Lettuce & salad greens# Silverbeet Snow peas Spinach Spring onions	Asian greens# Lettuce & salad greens# Onions# Rhubarb crowns Snow peas Spinach Spring onions	Asian greens# Asparagus Globe artichokes Onions# Rhubarb crowns Snow peas Spinach Spring onions	Asparagus Globe artichokes Onions# Rhubarb crowns Snow peas Spring onions	Asparagus Broccoli Cabbages# Cauliflower# Lettuce & salad greens# Onions# Peas Rhubarb crowns Snow peas Spinach Spring onions	Asian greens Broccoli Cabbages# Cauliflower# Leeks Lettuce & salad greens Onions# Peas Rhubarb crowns Silverbeet Snow peas Spring onions	Asian greens Broccoli Cabbages# Cauliflower# Celery Kale Leeks Lettuce & salad greens Onions# Peas Snow peas Spring onions	Asian greens Basil Beans Capsicums Celery Cucumbers Eggplants Fennel Kale Leeks Lettuce & salad greens Melons Peas Pumpkins Silverbeet Spring onions Sweetcorn Tomatoes Zucchini	Asian greens Basil Beans Capsicums Celery Cucumbers Eggplants Fennel Kale Lettuce & salad greens Pumpkins Silverbeet Spring onions Sweetcorn Tomatoes Zucchini

*Sow indoors or undercover in trays or pots, for later transplanting. #It is important to choose an appropriate variety (winter-growing or summer-growing) for the time of year.

- This chart provides a **guide** to suitable sowing and planting times. Ideal times will vary with the season, your locality and your garden microclimate.
- Sow or plant your winter vegetables in late summer or early autumn well before the weather gets cold, as their growth will slow down through the coldest months. Aim to plant your summer vegetables as soon as the last frosts are over (local wisdom suggests after Cup Day in the cooler areas) – although you can get a head start by sowing seeds indoors in trays.
- To ensure seedlings sown indoors thrive, use a crumbly seed raising mix, make sure they have plenty of light and use a spray bottle to keep the soil moist. Also feed your seedlings by misting them a couple of times week with a weak seaweed solution and continue to apply this once a fortnight after you transplant your seedlings.
- Some vegetables are best grown directly from seed in the bed where they are to grow – for example, root vegetables such as carrots, radishes, beetroots and parsnips; while zucchini, cucumbers and coriander do not like having their roots disturbed by transplanting.
- Planting garlic cloves... wisdom is that you plant prior to the shortest day of the year (June 22nd) and harvest around the longest day (December 22nd).

Thank-you to the contributors to the guide: Jenny Indian, Louise Pozzebon, Mary Prowse, Steve Oke and Robert Whamond.



..... SOW SEEDS											
Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Basil Beans Beetroots Broccoli* Brussel Sprouts* Cabbage* Cauliflower** Coriander Kale* Lettuce & salad greens Sweetcorn	Asian Greens Beetroots Broccoli Brussel Sprouts Cabbages# Carrots Cauliflower# Coriander English Fennel Kale Leeks Lettuce & salad greens Parsnips Radishes Spinach Swedes Turnips	Asian greens Beetroots Broccoli Brussel Sprouts Cabbages# Carrots Cauliflower# Kale Leeks Lettuce & salad greens Radishes Silverbeet Spinach Spring onions* Turnips	Asian greens# Broadbeans Coriander Broccoli Cauliflower# Kale Lettuce & salad greens# Onions Radishes Silverbeet Spinach Spring onions Turnips	Asian greens# Broadbeans Coriander Garlic Lettuce & salad greens# Peas Snow peas Spinach Spring onions	Asian greens# Broadbeans Garlic Jerusalem artichokes Lettuce & salad greens# Snow peas	Asian greens# Jerusalem artichokes Leeks* Lettuce & salad greens# Parsnip Peas Radishes Radish Silverbeet Snow peas Spinach Spring onions* Tomatoes*	Asian greens# Capsicum* Eggplants* Jerusalem artichokes Leeks* Lettuce & salad greens# Parsnip Peas Radishes Radish Silverbeet Snow peas Spinach Spring onions* Tomatoes*	Asian greens Beetroots Carrots Celery Coriander Jerusalem artichokes Leeks Lettuce & salad greens Melons* Parsnips Peas Potatoes Pumpkins* Radishes Silverbeet Snow peas Spring onions Tomatoes*	Asian greens Basil Beans Beetroots Carrots Coriander Celery Cucumbers Fennel Leeks Lettuce & salad greens Melons Parsnips Peas Potatoes Pumpkins Radishes Silverbeet Snow peas Spring onions Sweet corn Tomatoes Zucchini	Basil Beans Beetroots Celery Cucumbers Fennel Lettuce & salad greens Potatoes Pumpkins Radishes Spring onions Sweetcorn Tomatoes	Basil Beans Beetroots Broccoli* Brussel sprouts* Cabbage* Cauliflower** Celery Cucumbers Lettuce & salad greens Potatoes Pumpkins Radishes Sweetcorn Spring onions Tomatoes
..... PLANT											
Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Basil Beans Celery Cucumbers Leeks Lettuce & salad greens Pumpkins Sweetcorn	Asian greens Basil Broccoli Brussel sprouts Cabbages# Cauliflower# Celery Kale Leeks Lettuce & salad greens Silverbeet Spring onions	Asian greens Broccoli Brussel sprouts Cabbages# Cauliflower# Celery Kale Leeks Lettuce & salad greens Onions# Silverbeet Spinach Spring onions	Asian greens# Broccoli Brussel sprouts Cabbages# Cauliflower# Celery Garlic cloves Kale Leeks Lettuce & salad greens# Onions# Silverbeet Spinach Spring onions	Asian greens# Asparagus Kale Lettuce & salad greens# Peas Rhubarb crowns Snow peas Spinach Spring onions	Asian greens# Asparagus Globe artichokes Onions# Rhubarb crowns Snow peas Spinach Spring onions	Asian greens# Globe artichokes Lettuce & salad greens# Onions# Rhubarb crowns Snow peas Spring onions	Asian greens# Broccoli Cabbage Cauliflower Leeks Lettuce & salad greens# Rhubarb crowns Silverbeet Snow peas Spring onions	Asian greens Celery Leeks Lettuce & salad greens Peas Rhubarb crowns Silverbeet Snow peas Spring onions	Asian greens Capsicum Celery Eggplant Fennel Leeks Lettuce/salad greens Melons Peas Pumpkins Silverbeet Snow peas Sweetcorn Spring onions Tomatoes	Basil Celery Cucumbers Leeks Lettuce & salad greens Fennel Melons Pumpkins Silverbeet Spring onions Sweetcorn Tomatoes	Basil Celery Cucumbers Lettuce & salad greens Pumpkins Silverbeet Spring onions Sweetcorn Tomatoes Zucchini

*Sow indoors or undercover in trays or pots, for later transplanting. #It is important to choose an appropriate variety (winter-growing or summer-growing) for the time of year.

- This chart provides a **guide** to suitable sowing and planting times. Ideal times will vary with the season, your locality and your garden microclimate.
- Sow or plant your winter vegetables in late summer or early autumn well before the weather gets cold, as their growth will slow down through the coldest months. Aim to plant your summer vegetables as soon as the last frosts are over (local wisdom suggests after Cup Day in the cooler areas) – although you can get a head start by sowing seeds indoors in trays.
- To ensure seedlings sown indoors thrive, use a crumbly seed raising mix, make sure they have plenty of light and use a spray bottle to keep the soil moist. Also feed your seedlings by misting them a couple of times week with a weak seaweed solution and continue to apply this once a fortnight after you transplant your seedlings.
- Some vegetables are best grown directly from seed in the bed where they are to grow – for example, root vegetables such as carrots, radishes, beetroots and parsnips; while zucchini, cucumbers and coriander do not like having their roots disturbed by transplanting.
- Planting garlic cloves... wisdom is that you plant prior to the shortest day of the year (June 22nd) and harvest around the longest day (December 22nd).

Thank-you to the contributors to the guide: Jenny Indian, Louise Pozzebon, Mary Prowse, Steve Oke and Robert Whamond.