



# SOW AUTUMN TO WINTER

SEEDS TO PLANT	WHEN TO SOW	WHEN TO PICK	PLANTING NOTES
Artichoke, Jerusalem (tubers)	July-December	Autumn	Plant tubers.
Broad Beans	April-July	Winter-Spring	May need stakes.
Cauliflower	December-April	Autumn-Spring	Best sown in seed trays. Plant out 4-6 weeks. Avoid planting next to garlic, strawberry or tomato.
Garlic (bulbs)	March-May	Late Spring-Summer	Plant bulbs (cloves) of garlic 2cm deep with the hard base at the bottom. Harvest when leaves begin to rot down. Avoid planting next to beans, cabbage, peas and strawberry.
Onion, Barletta (early-season)	March-July	Spring-Autumn	Best sown in seed trays. Pant out 4-6 weeks. Avoid planting next to asparagus, beans, gladioli and peas.
Onion, creamy gold (mid-season)	May-August	Spring-Autumn	Best sown in seed trays. Pant out 4-6 weeks. Avoid planting next to asparagus, beans, gladioli and peas.
Onion, red (mid- season)	July -March	Spring-Summer	Best sown in seed trays. Pant out 4-6 weeks. Avoid planting next to asparagus, beans, gladioli and peas.
Parsnip	July-March	Summer-Winter	Soak seeds in warm water overnight to help with germination.
Peas	February-August	Autumn-Spring	Avoid planting next to chives, garlic onion and shallots.
Shallots (bulbs)	February-September	Autumn-Winter	Plant bulbs with the top just visible above the soil.
Spinach	February-September	Autumn-Winter	

Water seeds gently after planting, especially small seeds, as heavy watering can wash them away or dislodge them.

When planting your seeds consider what other plants you are planting them next to. Some varieties can have a negative or beneficial effect on their growth. Beneficial planting is known as 'companion' planting.



SURF COAST

# Sow What When

A GUIDE ON WHEN TO SOW VEGETABLE SEEDS ON THE SURF COAST

The dates in this calendar are to be used as a guide only. There are many varieties of most vegetables, each having a preferred sowing season. It's always best to check the seed packet to establish exactly when is best to sow each variety and determine the correct spacing of the seeds. If you choose to plant seedlings, it generally extends the planting season by up to a month.

This guide was developed and reproduced with permission from:



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# SOW ALL YEAR ROUND

SEEDS TO PLANT	WHEN TO SOW	WHEN TO PICK	PLANTING NOTES
Artichoke, globe	All year round	Winter-Spring	Best sown in seed trays. Plant at 4-6 weeks.
Asian Greens	Spring & Autumn	All year round	
Beetroot	July-March	Winter-Summer	Soak seeds in water for 30 minutes before planting to stimulate germination. Avoid planting next to climbing beans and tomatoes.
Broccoli	September-April	All year round	Best sown in seed trays. Plant at 4-6 weeks. Avoid planting next to garlic, strawberries and tomatoes.
Cabbage: red, savoy, green, Chinese	All year round	All year round	Best sown in seed trays. Plant at 4-6 weeks. Each variety of cabbage has a different growing season. Check the seed packet for the best time of year to sow each variety. Avoid planting next to garlic, strawberries and tomatoes.
Carrot	September- April	Summer- Winter	Plant with onions to deter carrot fly. Avoid planting next to dill and celery.
Coriander	September- April	Spring/early Summer & Autumn/Winter	
Herbs: mint, marjoram, oregano, rosemary, sage, thyme	Early Spring or early Autumn	All year round	To reduce growing time, propagate from cuttings taken from a mature plant or from root division.
Kale	Spring & Autumn	All year round	Best sown in seed trays. Plant out 4-6 weeks.
Leeks	August- April	Late Spring- Autumn	Plant leeks in furrows and as leeks grow, mound up the soil around the stems. Avoid planting next to beans, peas and parsley.
Lettuce	All year round	All year round	Requires some shade in heat.
Radishes	All year round	All year round	
Rocket	All year round	All year round	
Silver beet	August-March	All year round	
Spring onion	All year round	All year round	Best sown in seed trays. Plant out 4-6 weeks.
Strawberry	Early Spring	Spring-Autumn	Best to plant runners or crowns. Avoid planting next to broccoli, cabbage, cauliflower, Brussel sprouts and garlic.
Turnips	January- April, August- October	Autumn & Winter	

Soak seeds with a hard coating (beans, peas etc.) overnight. This will help aid and accelerate germination.

Plant the seeds to their prescribed depth.

Plant large seeds (think broad beans, pumpkins etc.) roughly as deep as the seed is wide, and cover it with soil. For smaller seeds, they should be placed on-top of the soil and covered with a light sprinkling of soil. Small seeds are usually better grown in seedling trays and then transplanted into the garden around 4-6 weeks of age.

When spacing your seeds think about how big the plant will grow. Read the information on the back of the seed packet for the appropriate spacing, depth and method of seed sowing.



## SOW SPRING TO SUMMER

SEEDS TO PLANT	WHEN TO SOW	WHEN TO PICK	PLANTING NOTES
Basil	September- February	Spring-Autumn	Best sown in seed trays. Plant out 4-6 weeks.
Beans, climbing, runner	September- January	Summer- Autumn	Plants require staking. Avoid planting next to beetroot, chives, garlic, gladioli, onion and sunflower.
Capsicum	August-September	Summer- Autumn	Best sown in seed trays. Plant out 4-6 weeks.
Celery/celeriac	August-November & March	Summer- Autumn	Best sown in seed trays. Plant out 4-6 weeks. Avoid planting next to carrots, parsnip and potato.
Chilli	August-December	Summer- Autumn	Best sown in seed trays. Plant out 4-6 weeks.
Chives	September-April	All year round	Plant in clumps. Avoid planting next to beans.
Corn	September-February	Summer-Autumn	Plant in clumps for support. Avoid planting next to cabbage.
Cucumbers	September-January	Summer- Autumn	Avoid planting next to potato, sage and strongly aromatic herbs.
Eggplant	August- December	Summer- Autumn	Best sown in seed trays. Plant out 4-6 weeks.
Fennel	August- December	Summer- Autumn	
Potatoes (tubers)	August-November	Summer- Autumn	Plant tubers in raised beds. Mound up soil around the stems as they grow. Harvest when leaves begin to rot down. Avoid planting next to apple, celery, cherry, cucumber, pumpkin, raspberry, rosemary, squash, sunflower and tomato.
Pumpkin	September-December	Summer- Autumn	Avoid planting next to potato.
Rhubarb	Early Spring	All year round	Best to plant crowns. Will live for 10-15 years.
Sunflower	August-January	Summer- Autumn	Avoid planting next to beans and potatoes.
Tomatoes	August-December	Summer- Autumn	Best sown in seed trays. Plant out 4-6 weeks. Requires staking. Avoid planting next to apricots, beetroot, cabbage, corn, fennel, kohlrabi, potato, and rosemary.
Zucchini	September-December	Summer- Autumn	