



Sowing your own vegetables is not only easy to do it's also easy on the pocketbook. Here at Oderings Garden Centres we have a wide variety of vegetables to fill every corner of your veggie patch and cater to the fussiest of eaters. The following is a basic guide of what to sow when. I recommend sowing into seed trays unless they fall under the heading of "Direct Sow", in which case they should be sown straight into the garden. For how to sow seed successfully, follow our Seed Sowing Oderings Gardening Guide.



Sow all year round

Cabbage, Lettuce, Silverbeet, Mustard, Mesclun, Microgreens

Direct sow: Radish

January

Beetroot, Borecole, Broccoli, Celeriac, Celery, Fennel, Gherkin, Kale, Pumpkin, Squash

Direct Sow: Carrot, Potato

February

Beetroot, Borecole, Broccoli, Cauliflower, Celeriac, Celery, Fennel, Gherkin, Kale, Leek, Onion, Spinach, Swede

Direct Sow: Carrot, Pea, Potato, Turnip

March

Borecole, Broccoli, Broccoflower, Cauliflower, Celery, Chinese Cabbage, Kale, Leek, Mizuna, Onion, Spinach, Swede

Direct Sow: Carrot, Pea, Potato, Turnip

April

Artichoke, Borecole, Broccoflower, Cauliflower, Chinese Cabbage, Kale, Leek, Mizuna, Onion, Spinach

Direct Sow: Broad Bean, Carrot, Pea, Turnip

May

Artichoke, Borecole, Broccoflower, Chinese Cabbage, Kale, Mizuna, Onion

Direct Sow: Broad Bean, Carrot, Pea, Turnip

June

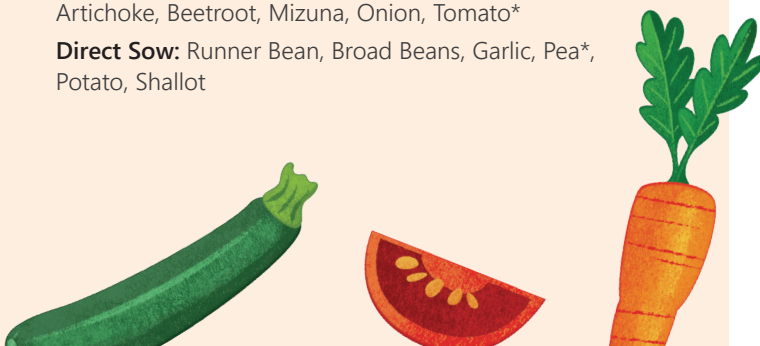
Artichoke, Mizuna, Onion

Direct Sow: Broad Bean, Garlic, Pea, Shallot

July

Artichoke, Beetroot, Mizuna, Onion, Tomato*

Direct Sow: Runner Bean, Broad Beans, Garlic, Pea*, Potato, Shallot



August

Artichoke, Beetroot, Broccoli, Brussels Sprouts, Capsicum*, Chilli*, Cauliflower, Celery, Chinese Cabbage, Eggplant*, Leek, Mizuna, Spinach, Tomato*

Direct Sow: Runner Bean, Broad Bean, Carrot, Garlic, Parsnip, Pea*, Potato, Shallot

September

Artichoke, Beetroot, Borecole, Broccoli, Broccoflower, Brussels Sprouts, Capsicum*, Chilli*, Cauliflower, Celeriac, Celery, Chinese Cabbage, Corn*, Courgette*, Cucumber*, Eggplant*, Fennel, Gherkin*, Leek, Mizuna, Spinach, Tomato*

Direct Sow: French Beans, Runner Beans, Carrot, Garlic, Parsnip, Pea*, Potato, Shallot

October

Beetroot, Borecole, Broccoli, Broccoflower, Brussels Sprouts, Capsicum*, Chilli*, Cauliflower, Celeriac, Celery, Chinese Cabbage, Corn*, Courgette*, Cucumber*, Eggplant*, Fennel, Gherkin*, Leek, Mizuna, Pumpkin*, Squash*, Spinach, Tomato*

Direct Sow: French Bean, Runner Bean, Parsnip, Pea, Potato

November

Beetroot, Borecole, Broccoli, Broccoflower, Capsicum*, Chilli*, Cauliflower, Celeriac, Celery, Chinese Cabbage, Corn*, Courgette*, Cucumber*, Eggplant*, Fennel, Gherkin*, Mizuna, Pumpkin*, Squash*, Spinach, Tomato*

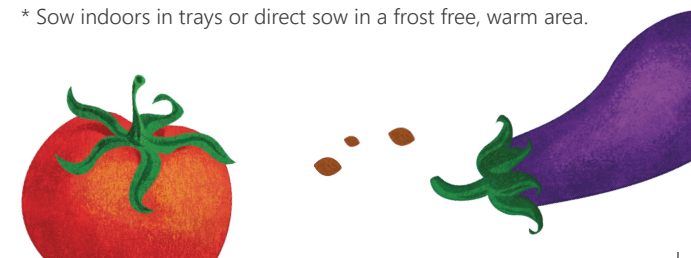
Direct Sow: French Bean, Runner Bean, Carrot, Parsnip, Potato

December

Beetroot, Borecole, Broccoli, Capsicum*, Chilli*, Cauliflower, Celeriac, Celery, Corn*, Courgette*, Cucumber*, Fennel, Gherkin*, Kale, Pumpkin*, Squash*

Direct Sow: French Bean, Runner Bean, Carrot, Parsnip, Potato

* Sow indoors in trays or direct sow in a frost free, warm area.



OCEAN GROW

Organic Fish Fertilizer and Seaweed Boost

- + Use on vegetable gardens, lawns and general fertilizer for all plants
- + Good for plant and soil
- + Lawn maturation and soil regeneration
- + Simple to use - concentrate form
- + Stronger plants
- + Pest deterrent (inc. insects, aphids, possums, rodents, small birds)
- + Improve your plants growth
- + Higher yields
- + No wastage
- + Results you can see

For more info visit www.oceangrow.co.nz



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Seed Sowing Calendar for Vegetables

