



### 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

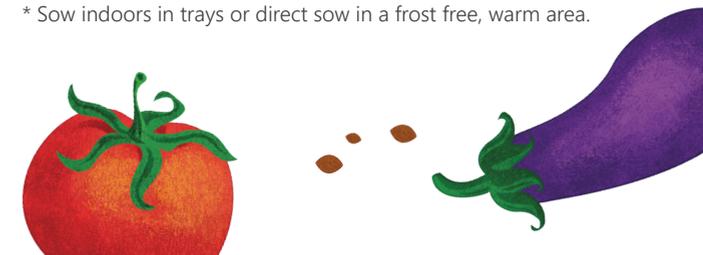
### December

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.

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.



# 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](http://www.oceangrow.co.nz)



 ODERINGS  
GARDEN CENTRES

[www.oderings.co.nz](http://www.oderings.co.nz)



## Seed Sowing Calendar for Vegetables

