

McGregor's®

Garden Genius

Vegetable Seed Sowing Guide

CROP	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEP	OCT	NOV	DEC	TIPS	HARVEST
ARTICHOKE	●								●	●●	●●	●●	Give plenty of space. Harvest before buds begin to open.	21 - 24 weeks
BEANS - BROAD		●	●●	●●	●	●			●	●			If plants become laden with beans, support will be required.	15 - 18 weeks
BEANS - CLIMBING									●	●●	●●	●●	Sow regularly for continuous supply and support with adequate trellis.	9 - 15 weeks
BEANS - DWARF		●●	●●	●●	●●	●●			●	●●			Pick regularly when pods are young to encourage over 6 weeks of supply.	8-12 weeks
BEETROOT	●●	●●	●●	●●				●	●●	●●	●●	●●	Begin lifting alternate plants when golf ball size to give room for others to grow.	7 - 11 weeks
BROCCOLI		●●	●●	●					●	●●	●●	●●	Harvest before florets start to open and turn yellow.	16 - 18 weeks
BRUSSEL SPROUTS	●	●	●●										Pick sprouts when they are small.	14 - 17 weeks
CABBAGE		●●	●●	●				●	●●	●●	●●		Varieties with darker leaves can withstand winter and are stronger flavoured.	10 - 15 weeks
CAPSICUM	●								●	●●	●●	●●	Pick a few early green ones to encourage further fruit production.	10 - 15 weeks
CARROT	●	●	●●	●●	●				●	●●	●●	●●	Radishes are often sown with carrots to mark the rows.	9 - 14 weeks
CAULIFLOWER		●●							●	●●	●●		Harvest when heads are full but before the sections begin to loosen.	17 - 20 weeks
CELERIAC									●	●●	●●		Thrives with plenty of water - but slugs and snails also love it.	17 - 19 weeks
CHILLI								●	●●	●●	●●	●●	Most varieties need long growing period. Protect from frost with plastic cover.	12 - 17 weeks
CUCUMBER		●●	●						●	●●			Provide support with trellis or ladder, helps to keep fruit clean and save space.	8 - 12 weeks
EGGPLANT									●	●●	●●		They grow well and look good in containers/large pots.	12 - 20 weeks
FENNEL								●	●●	●●	●●	●●	Fennel is tough and will grow in dry spots.	10 - 12 weeks
GHERKIN								●	●●	●●	●●	●●	Gherkin can grow thick and fast. Pick when no more than 4 inches long.	9 - 11 weeks
KALE		●	●●	●					●	●●	●●		Best picked when leaves are approx. 30cm long.	8 - 11 weeks
KOHL RABI	●	●	●●						●	●●	●●	●●	Give plenty of space and protect from cabbage white butterflies.	10 - 12 weeks
LEEK		●●	●●	●●	●			●	●●	●●			As leeks grow push more soil around the base to keep them upright and blanch.	22 - 27 weeks
LETTUCE	●●	●●	●●					●	●●	●●	●●	●●	Provide shade to prevent them 'bolting' to flower and seed in the hottest months.	3 - 12 weeks
OKRA									●	●●	●●	●●	Soak seeds for 12-18 hours prior. Pick pods regularly to prolong harvest period.	12 - 16 weeks
ONION			●●	●●	●			●	●●	●●	●●	●●	Lift when bulbs are firm and tops tend to fall over.	28 - 32 weeks
PAK CHOI	●		●●	●●	●			●	●●	●●	●●	●	When the seedlings are large enough, thin them to 25cm apart.	6 - 8 weeks
PARSNIP			●●						●●	●●			Prefers sandy soil - soak seeds overnight and keep moist until germination.	17 - 21 weeks
PEA			●●	●●				●	●●	●●	●●		Pick continuously while young to encourage more fruit.	9 - 13 weeks
PUMPKIN									●	●●	●●		The first pumpkins of your yield will store the best.	16 - 18 weeks
RADISH	●●	●●	●●	●●	●●	●	●	●	●●	●●	●●	●●	Harvest when small and tender, as they mature they develop the heat.	4 - 5 weeks
ROCK MELON	●●	●●							●	●●	●●	●●	Melons prefer warm, sheltered conditions. Keep damp and avoid watering foliage.	17 - 20 weeks
SILVER BEET	●●	●●	●●	●●	●●	●	●	●	●●	●●	●●	●●	Successful sowings provide an unlimited supply of silver beet.	8 - 10 weeks
SNOW PEA	●●	●●	●●	●●					●	●●	●●		Provide trellis for support, pick fleshy pea pods while young and juicy.	9 - 10 weeks
SPINACH			●●	●●	●●				●●				Start picking leaves after 25-35 days to encourage further growth.	4 - 5 weeks
SPRING ONIONS			●●	●●			●	●●	●●				When seedlings are large enough, thin to 2-3cm apart.	10 - 11 weeks
SQUASH	●									●●	●●	●●	Store after harvest in a dry, cool, airy place making sure fruit isn't touching.	16 - 18 weeks
SWEDDE			●●	●●					●●	●●	●●	●●	Swede is best harvested when roots are 75-100mm in diameter.	12 - 14 weeks
SWEET CORN									●●	●●	●●	●●	Plant in block formation rather than one row for successful wind pollination.	13 - 16 weeks
TOMATO			●					●	●●	●●	●●	●●	Feed well with compost and support with trellis or stakes.	19 - 22 weeks
TURNIP	●●	●●	●●	●●	●●			●	●●	●●	●●	●●	Thin seedlings to 5cm apart once they are big enough to handle.	10 - 12 weeks
WATERMELON	●								●	●●	●●	●●	Keep soil moist up to pollination then water sparingly.	14 - 16 weeks
ZUCCHINI	●●							●	●●	●●	●●	●●	Pick fruits young, left to grow, they turn to marrows.	8 - 10 weeks

Note: These are generalised recommendations for the best months to sow seed outside. Different varieties may have different optimal sowing months.
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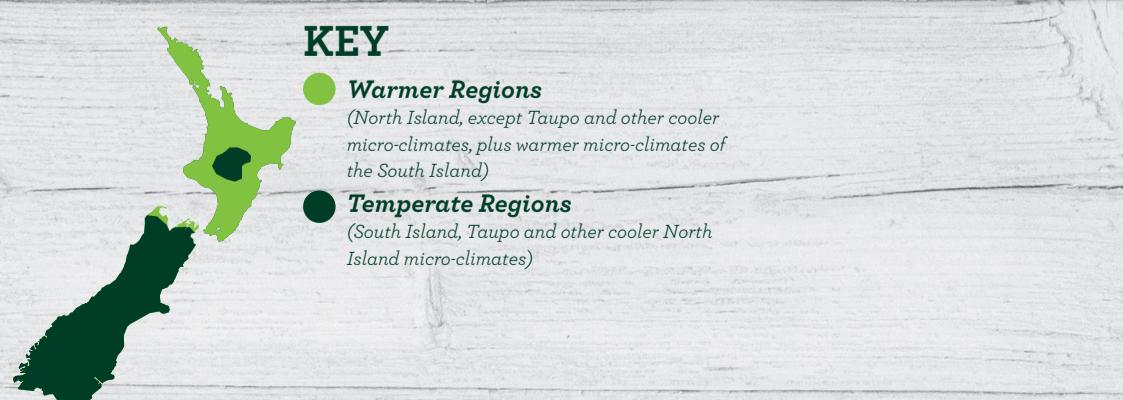
KEY

Warmer Regions

(North Island, except Taupo and other cooler micro-climates, plus warmer micro-climates of the South Island)

Temperate Regions

(South Island, Taupo and other cooler North Island micro-climates)



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Flower & Herb Seed Sowing Guide

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HERBS														
BASIL	●●	●						●	●●	●●	●●	●●	Cut leaves any time for fresh use and encourage constant growth.	4 - 5 weeks
CHAMOMILE LAWN									●	●●	●●		A light trimming every 3-4 weeks will keep your "ol' worlde" lawn looking superb.	11 - 14 weeks
CHIVES				●				●	●●	●●	●●	●●	When large enough thin to 15cm apart. Snip leaves for flavouring at anytime.	5 - 7 weeks
CORIANDER	●●	●●	●●	●					●	●●	●●	●●	You can snip off as many leaves as you need, and more will grow back.	4 - 5 weeks
DILL	●●	●●	●					●	●●	●●	●●	●●	Do not cover seed when sowing - great companion for cabbage.	11 - 12 weeks
MINT			●●	●	●	●		●	●●	●●	●●	●●	Plant into a pot in the ground to control its invasive habit.	10 - 11 weeks
MUSTARD GREENS	●●	●●	●●	●●			●	●●	●●	●●	●●	●●	Does not transplant well, sow direct to the garden.	3 - 5 weeks
PARSLEY								●	●●	●●	●●	●●	Biennial, but best treated as an annual. For continuous supply sow twice a year.	4 - 5 weeks
ROCKET			●●	●●	●●			●●	●●	●●	●●		Older leaves will have a stronger flavour, young leaves suit salads to add spice.	3 - 5 weeks
ROSEMARY									●	●●	●●		Pruning will help make it bushier, never take more than 1/3 of the plant.	10 - 12 weeks
SAGE								●	●●	●●	●●		Great in containers indoors or outdoors in the garden.	10 - 12 weeks
TARRAGON	●●	●							●	●●	●●	●●	For drying, cut leaves just before the flowers open.	11 - 13 weeks
THYME	●●	●●	●	●				●	●●	●●	●●		Prune hard in early Spring to prevent the plant from getting too woody.	11 - 13 weeks
WATERCRESS	●●	●●	●●	●●	●●	●●	●●	●●	●●	●●	●●	●●	Grows well in damp soil or a container that sits in a deep saucer filled with water.	10 - 12 weeks
FLOWERS														
ALYSSUM			●●	●●	●●	●		●	●●	●●	●●		Needs at least 4 to 6 hours of direct sun to flower well.	8 weeks
AQUILEGIA		●●	●●	●●	●●					●●	●●		Excellent in rock gardens, perennial beds and borders.	42 weeks
CALENDULA		●●	●●	●●	●●				●●	●●	●●		Produces a sumptuous mix of orange, yellow, apricot and cream blooms.	10 weeks
CINERARIA	●●	●●	●●					●●	●●	●●	●●	●●	Vigorous blooms, in colours like pinks, purples to crisp whites and creams.	20 weeks
CORNFLOWER			●●	●●	●●	●●		●	●●	●●	●●		Remove faded blooms early for best display.	14 weeks
COSMOS	●●	●							●	●●	●●	●●	Great for container and landscape planting, relatively pest & disease free.	12 weeks
DAHLIA									●	●●	●●		Needs shelter/staking in exposed areas, remove spent flowers to encourage new.	15 - 17 weeks
DELPHINIUM			●●	●●	●●	●			●●	●●	●●		Delphinium flowers are toxic to humans and animals if ingested.	20 weeks
FORGET ME NOT	●●	●●	●●	●●									Sow in Autumn for a great filler around Spring flowering bulbs.	10 - 12 weeks
FOXGLOVE		●●	●●	●●	●●	●●	●	●					Makes a nice backdrop when planted behind shorter plants.	24 weeks
GYPSOPHILA	●●	●●	●●	●●	●●	●●	●	●	●●	●●	●●	●●	Thin plants when large enough to handle, easy to grow.	10 - 12 weeks
HOLLYHOCK	●●	●●	●●	●●	●●	●							Provide support in windy areas, ideal for backing a border and adding vertical lines.	28 weeks
LIVINGSTONE DAISY	●●	●●	●●	●●	●●	●●			●●	●●	●●		Do not cover seed when sowing, great for coastal or dry areas.	20 weeks
LOBELIA	●●	●●	●●	●●	●●				●●	●●	●●		Trim back lightly after first flowering to encourage second flush of colour.	8 weeks
LUPIN	●●	●●	●●	●●	●●				●●	●●	●●		Low maintenance plants that have good drought tolerance.	30 weeks
MARIGOLD	●●	●●	●●	●●	●●				●●	●●	●●	●●	Remove faded blooms for best display, great companion plant.	10 weeks
NASTURTIUM	●	●	●						●●	●●	●●	●	Works great in pots, tubs and containers, soak seeds before sowing.	12 weeks
PANSY	●●	●●	●●	●●				●	●●	●●	●●	●●	Pansies suit cooler conditions, great for containers, window boxes and flower beds.	10 - 12 weeks
PETUNIA								●	●●	●●	●●	●●	Great for bedding displays, container plantings and hanging baskets.	10 weeks
PHACELIA			●●					●●	●●	●●	●●		Thin or transplant when plants are large enough to handle.	12 - 14 weeks
POPPY	●●	●●						●	●●	●●	●●	●●	When seedlings are large enough, transplant to 20cm apart.	20 weeks
STOCK		●●	●●	●●	●●			●	●●	●●	●●		Remove faded blooms for best display and continuous colour.	14 weeks
SUNFLOWER	●							●	●●	●●	●●	●●	Do not eat seed or feed to animals.	12 weeks
SWAN PLANT								●●	●●	●●	●●		Attracts the monarch butterfly to your gardens.	16 weeks
SWEET PEA	●●	●	●					●	●●	●●	●●	●●	Train over fence or trellis, makes beautiful backdrop.	12 weeks
ZINNIA									●●	●●	●●	●●	Compact, bushy plants that prefer warm and dry conditons.	12 weeks

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