

Navigate your garden's journey with precision using our Regions Table! Whether you're in the Highveld, the coastal breeze of Cape Town, or anywhere in between, this table outlines the regions specific to you to ensure the best for your plants. Discover which seeds to sow and harvest each month, ensuring your garden thrives in sync with your local climate.

Highveld	Midlevelveld/Bushveld	Lowveld	Northern Cape & Great Karoo
<ul style="list-style-type: none"> Johannesburg Pretoria Bloemfontein Vereeniging Welkom Carletonville, and the cities of the West Rand and East Rand Witbank Middelburg Dullstroom Belfast Lydenburg Harrismith Ladysmith KZN 	<ul style="list-style-type: none"> Bela Bela (Warm-baths) Brits De Wildt Haenertsburg Hammanskraal Lephalale (Ellisras) Louis Trichardt Mara Modimolle (Nylstroom) Mokopane (Potgietersrus) Mookgophong (Naboomspruit) Musina (Messina) Northam Phalaborwa Piensaarsrivier Polokwane (Pietersburg) Roedtan Selebi-Phikwe Sun City Thabazimbi Tzaneen Vaalwater Vivo Zion City Moria Rustenburg 	<ul style="list-style-type: none"> Nelspruit Hazyview Malelane Bushbuck Ridge White River 	<ul style="list-style-type: none"> De Aar Cavinia Colesburg Fraserburg Hopetown Sutherland Petrusville Augrabies Kimberley Upington Douglas Barkly West Colesberg Jan Kempdorp Kathu Kuruman Postmasburg Prieska Springbok Victoria West Warrenton Orania Carnarvon Griekwastad Groblershoop Hartswater Keimoes Kakamas Pofadder Port Nolloth Strydenburg Sutherland
Natal Midlands	Eastern Cape & Little Karoo	Western and Southern Cape	KZN Coast
<ul style="list-style-type: none"> Pietermaritzburg Richmond Ixopo Kokstad Howick Merrivale Hilton Lions River Dargle Lidgetton Balgowan Nottingham Road Rosetta Mooi River 	<ul style="list-style-type: none"> Montagu Barrydale Ladismith Calitzdorp Oudtshoorn De Rust Zoar Amalienstein Dysselsdorp East London (Gompo) Port Elizabeth (Gqeberha) Umtata (Mthatha) Queenstown (Komani) Grahamstown (Makhanda) Jeffreys Bay Alice (Dikeni) Sterkspruit Graaff-Reinet Somerset East Somerset East Somerset East Mount Fletcher (Tlokoeng) Butterworth (Gcuwa) Mount Frere (KwaBhaca) Mdantsane Cradock Matatiele King William's Town (Qonce) Aliwal North (Maletswai) Uitenhage (Kariega) Fort Beaufort Idutywa (Dutywa) Engcobo (Ngcobo) Maclear (Nqanqarhu) 	<ul style="list-style-type: none"> Cape Town Stellenbosch Paarl Franschhoek Robertson Worcester Mossel Bay George Knysna 	<ul style="list-style-type: none"> Pongola Kosi Bay Mtubatuba St Lucia Ballito Port Shepstone Port Edward Scottburgh Uvongo Durban

Region	What To Sow in February
Highveld	<p>Flowers: Alyssum, Aquilegia, Aster, Thunbergia, Californian Poppy, Carnation, Celosia, Chrysanthemum, Cosmos, Delphinium, Dianthus, Forget-Me-Not, Foxglove, Godetia, Gypsophila, Hollyhock, Larkspur, Marigold, Nasturtium, Nigella, Penstemon, Petunia, Phlox, Poppy, Salvia, Antirrhinum, Statice, Sunflower, Verbena, Vinca, Zinnia. Herbs: Marog, Basil, Borage, Catnip, Chives, Coriander, Echinacea, Fennel, Garden Cress, Lavender, Lemon Balm, Oregano, Parsley, Rocket, Rosemary, Tarragon, Savoury Summer, Thyme. Vegetables: Artichoke, Asparagus, Beetroot, Broccoli, Brussels Sprouts, Cabbage, Cape Gooseberry, Carrot, Cauliflower, Leeks, Lettuce, Mizuna, Okra, Onion, Parsnip, Radish, Spinach, Strawberry.</p>
Middleveld/ Bushveld	<p>Flowers: Alyssum, Aquilegia, Aster, Thunbergia, Californian Poppy/, Carnation, Celosia, Chrysanthemum, Cosmos, Delphinium, Dianthus, Forget-Me-Not, Foxglove, Godetia, Gypsophila, Hollyhock, Larkspur, Marigold, Nasturtium, Nigella, Penstemon, Petunia, Phlox, Poppy, Salvia, Antirrhinum, Statice, Sunflower, Verbena, Vinca, Zinnia. Herbs: Marog, Basil, Catnip, Chives, Coriander, Echinacea, Fennel, Garden Cress, Lavender, Lemon Balm, Oregano, Parsley, Rocket, Rosemary, Tarragon, Savoury Summer, Thyme. Vegetables: Artichoke, Asparagus, Beans Bush, Beetroot, Broccoli, Brussels Sprouts, Cabbage, Cape Gooseberry, Carrot, Cauliflower, Leeks, Lettuce, Mizuna, Okra, Onion, Radish, Spinach, Strawberry.</p>
Lowveld	<p>Flowers: Alyssum, Thunbergia, Carnation, Chrysanthemum, Coleus, Cosmos, Godetia, Gypsophila, Hollyhock, Impatiens, Marigold, Nasturtium, Nigella, Salvia, Statice, Sunflower, Verbena, Vinca, Zinnia. Herbs: Marog, Basil, Catnip, Chives, Coriander, Echinacea, Fennel, Garden Cress, Lemon Balm, Oregano, Rocket, Rosemary, Sage, Savoury Summer, Thyme. Vegetables: Beans (Dwarf), Beetroot, Eggfruit, Brussels Sprouts, Cape Gooseberry, Capsicum (Sweet Pepper & Chillies), Carrot, Cauliflower, Celery, Kale (Chou Moulrier), Cucumber, Mizuna, Okra, Radish, Spinach (Swiss Chard), Squash (Bush & Trailing), Tomato.</p>
Northern Cape and Karoo	<p>Flowers: Aster, Thunbergia, Californian Poppy, Carnation, Chrysanthemum, Cosmos, Delphinium, Dianthus, Forget-Me-Not, Foxglove, Godetia, Gypsophila, Hollyhock, Impatiens, Larkspur, Marigold, Nasturtium, Nigella, Penstemon, Petunia, Phlox, Poppy, Salvia, Antirrhinum, Statice, Sunflower, Verbena, Vinca, Zinnia. Herbs: Marog, Basil, Catnip, Chives, Coriander, Dill, Echinacea, Fennel, Garden Cress, Lavender, Lemon Balm, Oregano, Parsley, Rocket, Rosemary, Tarragon, Sage, Savoury Summer, Thyme. Vegetables: Beans (Dwarf), Eggfruit, Broccoli, Brussels Sprouts, Cabbage, Cape Gooseberry, Capsicum (Sweet Pepper & Chillies), Cauliflower, Kale (Chou Moulrier), Leeks, Mizuna, Okra, Parsnip, Radish, Spinach, Tomato.</p>
Natal Midlands	<p>Flowers: Alyssum, Aster, Thunbergia, Californian Poppy, Carnation, Chrysanthemum, Cosmos, Delphinium, Dianthus, Forget-Me-Not, Foxglove, Godetia, Gypsophila, Hollyhock, Larkspur, Marigold, Nasturtium, Nigella, Penstemon, Petunia, Phlox, Salvia, Antirrhinum, Statice, Sunflower, Verbena, Vinca, Zinnia. Herbs: Marog, Basil, Catnip, Chives, Coriander, Dill, Echinacea, Fennel, Garden Cress, Lavender, Lemon Balm, Oregano, Parsley, Rocket, Rosemary, Tarragon, Sage, Savoury Summer, Thyme. Vegetables: Beetroot, Broccoli, Brussels Sprouts, Cabbage, Cape Gooseberry, Capsicum (Sweet Pepper & Chillies), Carrot, Cauliflower, Celery, Cucumber, Leeks, Lettuce, Mizuna, Okra, Onion, Parsnip, Radish, Spinach, Strawberry, Tomato.</p>
Eastern Cape and Little Karoo	<p>Flowers: Alyssum, Aquilegia, Aster, Thunbergia, Californian Poppy, Carnation, Chrysanthemum, Cosmos, Delphinium, Dianthus, Forget-Me-Not, Foxglove, Godetia, Gypsophila, Hollyhock, Larkspur, Marigold, Nasturtium, Nigella, Penstemon, Petunia, Phlox, Poppy, Salvia, Antirrhinum, Statice, Sunflower, Verbena, Vinca, Zinnia. Herbs: Marog, Basil, Catnip, Chives, Coriander, Dill, Fennel, Garden Cress, Lavender, Lemon Balm, Oregano, Parsley, Rocket, Rosemary, Tarragon, Sage, Savoury Summer, Thyme. Vegetables: Beetroot, Broccoli, Brussels Sprouts, Cabbage, Cape Gooseberry, Carrot, Cauliflower, Celery, Leeks, Lettuce, Mizuna, Okra, Onion, Parsnip, Radish, Spinach, Strawberry, Tomato.</p>
Western and Southern Cape	<p>Flowers: Alyssum, Aquilegia, Aster, Thunbergia, Californian Poppy, Carnation, Celosia, Chrysanthemum, Cosmos, Delphinium, Dianthus, Forget-Me-Not, Foxglove, Godetia, Gypsophila, Hollyhock, Larkspur, Marigold, Nasturtium, Nigella, Penstemon, Petunia, Phlox, Poppy, Salvia, Antirrhinum, Statice, Sunflower, Verbena, Vinca, Zinnia. Herbs: Marog, Basil, Borage, Catnip, Chives, Coriander, Dill, Echinacea, Fennel, Garden Cress, Lavender, Lemon Balm, Oregano, Parsley, Rocket, Rosemary, Tarragon, Savoury Summer, Thyme. Vegetables: Artichoke, Beans Dwarf, Beetroot, Broccoli, Brussels Sprouts, Cabbage, Cape Gooseberry, Carrot, Cauliflower, Celery, Kale (Chou Moulrier), Leeks, Lettuce, Melons Sweet, Mizuna, Okra, Onion, Onion Spring, Parsnip, Radish, Spinach, Strawberry, Tomato.</p>
KZN Coast	<p>Flowers: Alyssum, Thunbergia, Carnation, Chrysanthemum, Coleus, Cosmos, Forget-me-not, Godetia, Gypsophila, Hollyhock, Impatiens, Marigold, Nasturtium, Nigella, Salvia, Statice, Sunflower, Vinca, Zinnia. Herbs: Marog, Basil, Catnip, Chives, Coriander, Echinacea, Fennel, Garden Cress, Lemon Balm, Oregano, Rocket, Rosemary, Sage, Savoury Summer, Thyme. Vegetables: Beans (Dwarf & Runner), Beetroot, Eggfruit, Broccoli, Cabbage, Cape Gooseberry, Capsicum (Sweet Pepper & Chillies), Carrot, Cauliflower, Celery, Kale (Chou Moulrier), Cucumber, Mizuna, Okra, Onion, Radish, Spinach (Swiss Chard), Squash (Bush & Trailing).</p>

Region	What To Harvest in February
Highveld	<p>Flowers: Alyssum, Aquilegia, Aster, Thunbergia, Californian Poppy, Carnation, Celosia, Chrysanthemum, Coleus, Cosmos, Dahlia, Delphinium, Dianthus, Forget-Me-Not, Foxglove, Godetia, Gypsophila, Hollyhock, Impatiens, Larkspur, Marigold, Nasturtium, Nigella, Pansy, Penstemon, Petunia, Phlox, Poppy, Salvia, Antirrhinum, Statice, Sunflower, Verbena, Vinca, Zinnia. Herbs: Marog, Basil, Borage, Catnip, Chamomile, Chives, Coriander, Dill, Echinacea, Fennel, Garden Cress, Lavender, Lemon Balm, Oregano, Parsley, Rocket, Rosemary, Tarragon, Sage, Savoury Summer, Thyme. Vegetables: Beans (Dwarf & Runner), Beetroot, Eggfruit, Broccoli, Cabbage, Cape Gooseberry, Capsicum (Sweet Pepper & Chillies), Carrot, Cauliflower, Celery, Kale (Chou Moullier), Cucumber, Lettuce, Melons, Mizuna, Okra, Onion, Pumpkin, Radish, Spinach, Squash (Bush & Trailing), Strawberry, Tomato.</p>
Middleveld/ Bushveld	<p>Flowers: Alyssum, Aquilegia, Aster, Thunbergia, Californian Poppy, Carnation, Celosia, Chrysanthemum, Coleus, Cosmos, Dahlia, Delphinium, Dianthus, Forget-Me-Not, Foxglove, Godetia, Gypsophila, Hollyhock, Impatiens, Larkspur, Marigold, Nasturtium, Nigella, Pansy, Penstemon, Petunia, Phlox, Poppy, Salvia, Antirrhinum, Statice, Sunflower, Verbena, Vinca, Zinnia. Herbs: Marog, Basil, Borage, Catnip, Chamomile, Chives, Coriander, Dill, Echinacea, Fennel, Garden Cress, Lavender, Lemon Balm, Oregano, Parsley, Rocket, Rosemary, Tarragon, Sage, Savoury Summer, Thyme. Vegetables: Beans (Dwarf & Runner), Beetroot, Eggfruit, Cabbage, Cape Gooseberry, Capsicum (Sweet Pepper & Chillies), Carrot, Cauliflower, Celery, Kale (Chou Moullier), Cucumber, Lettuce, Melons, Mizuna, Okra, Onion, Pumpkin, Radish, Spinach, Squash (Bush & Trailing), Strawberry, Tomato.</p>
Lowveld	<p>Flowers: Thunbergia, Californian Poppy, Carnation, Coleus, Cosmos, Dahlia, Delphinium, Godetia, Gypsophila, Hollyhock, Impatiens, Marigold, Nasturtium, Nigella, Salvia, Antirrhinum, Statice, Sunflower, Verbena, Vinca, Zinnia. Herbs: Marog, Basil, Borage, Catnip, Chamomile, Chives, Coriander, Dill, Echinacea, Fennel, Garden Cress, Lavender, Lemon Balm, Oregano, Parsley, Rocket, Rosemary, Tarragon, Sage, Savoury Summer, Thyme. Vegetables: Beans (Dwarf & Runner), Beetroot, Eggfruit, Cape Gooseberry, Capsicum (Sweet Pepper & Chillies), Carrot, Celery, Kale (Chou Moullier), Cucumber, Lettuce, Melons, Mizuna, Okra, Onion, Parsnip, Radish, Spinach, Squash (Bush & Trailing), Strawberry, Tomato.</p>
Northern Cape and Karoo	<p>Flowers: Thunbergia, Californian Poppy, Carnation, Celosia, Coleus, Cosmos, Dahlia, Forget-Me-Not, Godetia, Gypsophila, Hollyhock, Impatiens, Marigold, Nasturtium, Nigella, Petunia, Salvia, Antirrhinum, Statice, Sunflower, Verbena, Vinca, Zinnia. Herbs: Marog, Basil, Borage, Catnip, Chamomile, Chives, Coriander, Dill, Echinacea, Fennel, Garden Cress, Lavender, Lemon Balm, Oregano, Parsley, Rocket, Rosemary, Tarragon, Sage, Savoury Summer, Thyme. Vegetables: Beans (Dwarf & Runner), Beetroot, Eggfruit, Cabbage (Chinese), Cape Gooseberry, Capsicum Sweet (Pepper & Chillies), Carrot, Celery, Kale (Chou Moullier), Cucumber, Lettuce, Melons, Mizuna, Okra, Onion, Pumpkin, Radish, Spinach, Squash (Bush & Trailing), Strawberry, Tomato.</p>
Natal Midlands	<p>Flowers: Alyssum, Aquilegia, Aster, Thunbergia, Californian Poppy, Carnation, Celosia, Chrysanthemum, Coleus, Cosmos, Dahlia, Delphinium, Dianthus, Forget-Me-Not, Foxglove, Godetia, Gypsophila, Hollyhock, Impatiens, Larkspur, Marigold, Nasturtium, Nigella, Penstemon, Petunia, Phlox, Poppy, Salvia, Antirrhinum, Statice, Sunflower, Verbena, Vinca, Zinnia. Herbs: Marog, Basil, Borage, Catnip, Chamomile, Chives, Coriander, Dill, Echinacea, Fennel, Garden Cress, Lavender, Lemon Balm, Oregano, Parsley, Rocket, Rosemary, Tarragon, Sage, Savoury Summer, Thyme. Vegetables: Beans (Dwarf & Runner), Beetroot, Eggfruit, Broccoli, Cabbage, Cape Gooseberry, Capsicum (Sweet Pepper & Chillies), Carrot, Cauliflower, Celery, Kale (Chou Moullier), Cucumber, Lettuce, Melons, Mizuna, Okra, Onion, Pumpkin, Radish, Spinach, Squash (Bush & Trailing), Strawberry, Tomato.</p>
Eastern Cape and Little Karoo	<p>Flowers: Alyssum, Aquilegia, Aster, Thunbergia, Californian Poppy, Carnation, Celosia, Chrysanthemum, Coleus, Cosmos, Dahlia, Delphinium, Dianthus, Forget-Me-Not, Foxglove, Godetia, Gypsophila, Hollyhock, Impatiens, Larkspur, Marigold, Nasturtium, Nigella, Pansy, Penstemon, Petunia, Phlox, Poppy, Salvia, Antirrhinum, Statice, Sunflower, Verbena, Vinca, Zinnia. Herbs: Marog, Basil, Borage, Catnip, Chamomile, Chives, Coriander, Dill, Echinacea, Fennel, Garden Cress, Lavender, Lemon Balm, Oregano, Parsley, Rocket, Rosemary, Tarragon, Sage, Savoury Summer, Thyme. Vegetables: Beans (Dwarf & Runner), Beetroot, Eggfruit, Cabbage, Cape Gooseberry, Capsicum (Sweet Pepper & Chillies), Carrot, Cauliflower, Celery, Kale (Chou Moullier), Cucumber, Lettuce, Melons, Mizuna, Okra, Onion, Pumpkin, Radish, Spinach, Squash (Bush & Trailing), Strawberry, Tomato.</p>
Western and Southern Cape	<p>Flowers: Thunbergia, Californian Poppy, Carnation, Coleus, Cosmos, Dahlia, Delphinium, Godetia, Gypsophila, Hollyhock, Impatiens, Marigold, Nasturtium, Nigella, Salvia, Antirrhinum, Statice, Sunflower, Verbena, Vinca, Zinnia. Herbs: Marog, Basil, Borage, Catnip, Chamomile, Chives, Coriander, Dill, Echinacea, Fennel, Garden Cress, Lavender, Lemon Balm, Oregano, Parsley, Rocket, Rosemary, Tarragon, Sage, Savoury Summer, Thyme. Vegetables: Beans (Dwarf & Runner), Beetroot, Eggfruit, Cape Gooseberry, Capsicum (Sweet Pepper & Chillies), Carrot, Celery, Kale (Chou Moullier), Cucumber, Lettuce, Melons, Mizuna, Okra, Onion, Parsnip, Radish, Spinach, Squash (Bush & Trailing), Strawberry, Tomato.</p>
KZN Coast	<p>Flowers: Alyssum, Thunbergia, Carnation, Celosia, Chrysanthemum, Coleus, Cosmos, Forget-Me-Not, Foxglove, Godetia, Gypsophila, Hollyhock, Impatiens, Marigold, Nasturtium, Nigella, Phlox, Salvia, Antirrhinum, Statice, Sunflower, Verbena, Vinca, Zinnia. Herbs: Marog, Basil, Borage, Catnip, Chamomile, Chives, Coriander, Dill, Echinacea, Fennel, Garden Cress, Lavender, Lemon Balm, Oregano, Parsley, Rocket, Rosemary, Tarragon, Sage, Savoury Summer, Thyme. Vegetables: Beans (Dwarf & Runner), Beetroot, Eggfruit, Cabbage (Chinese), Cape Gooseberry, Capsicum (Sweet Pepper & Chillies), Carrot, Celery, Kale (Chou Moullier), Cucumber, Lettuce, Melons, Mizuna, Okra, Onion, Radish, Spinach, Squash (Bush), Strawberry, Tomato.</p>

Week 1

Transplant seedlings, weed, apply compost, mulch, and fertilisers.

Week 2

Foliar spray, prune for growth, and pest control.

Week 3

Weed, prune for reduced growth, apply compost, mulch, and fertilisers.

Week 4

Foliar spray, pest control, and mulch for moisture.

Take Note



In the Garden with Marlaen:

Cultivate cooler crops like cabbage in chilly regions. Seize the opportunity for a final midsummer planting. Protect plants from the in-tense heat with a wooden frame, branches, thatch, sticks, or shade cloth, ensuring ample air circulation. Keep the shade light and avoid excessive density. For a practical solution, repurpose transparent plastic shopping bags to shield seedling trays. Secure them with sticks and clothes pegs for easy application and removal.