

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

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

Region	What To Harvest in January
Highveld	<p><b>Flowers:</b> Alyssum, Aquilegia, Aster, 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, Thunbergia, Verbena, Vinca, Zinnia. <b>Herbs:</b> Marog, Basil, Borage, Catnip, Chamomile, Chives, Coriander, Dill, Echinacea, Fennel, Garden Cress, Lavender, Lemon Balm, Oregano, Parsley, Rocket, Rosemary, Tarragon, Sage, Savoury Summer, Thyme. <b>Vegetables:</b> Beans (Dwarf &amp; Runner), Beetroot, Eggfruit, Broccoli, Cabbage, Cape Gooseberry, Capsicum (Sweet Pepper &amp; Chillies), Carrot, Cauliflower, Celery, Kale (Chou Moullier), Cucumber, Lettuce, Melons, Mizuna, Okra, Onion, Parsnip, Radish, Spinach, Squash (Bush), Strawberry, Tomato.</p>
Middleveld/ Bushveld	<p><b>Flowers:</b> 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. <b>Herbs:</b> Marog, Basil, Borage, Catnip, Chamomile, Chives, Coriander, Dill, Echinacea, Fennel, Garden Cress, Lavender, Lemon Balm, Oregano, Parsley, Rocket, Rosemary, Tarragon, Sage, Savoury Summer, Thyme. <b>Vegetables:</b> Beans (Dwarf &amp; Runner), Beetroot, Eggfruit, Broccoli, Cabbage, Cape Gooseberry, Capsicum (Sweet Pepper &amp; Chillies), Carrot, Cauliflower, Celery, Kale (Chou Moullier), Cucumber, Lettuce, Melons, Mizuna, Okra, Onion, Parsnip, Radish, Spinach, Squash (Bush), Strawberry, Tomato.</p>
Lowveld	<p><b>Flowers:</b> 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/Snapdragon, Statice, Sunflower, Verbena, Vinca, Zinnia. <b>Herbs:</b> Marog, Basil, Borage, Catnip, Chamomile, Chives, Coriander, Dill, Echinacea, Fennel, Garden Cress, Lavender, Lemon Balm, Oregano, Parsley, Rocket, Rosemary, Tarragon, Sage, Savoury Summer, Thyme. <b>Vegetables:</b> Beans (Dwarf &amp; Runner), Beetroot, Eggfruit, Broccoli, Cabbage, Cape Gooseberry, Capsicum (Sweet Pepper &amp; Chillies), Carrot, Cauliflower, Celery, Kale (Chou Moullier), Cucumber, Lettuce, Melons, Mizuna, Okra, Onion, Parsnip, Radish, Spinach, Squash (Bush), Strawberry, Tomato.</p>
Northern Cape and Karoo	<p><b>Flowers:</b> 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. <b>Herbs:</b> Marog, Basil, Borage, Catnip, Chamomile, Chives, Coriander, Dill, Echinacea, Fennel, Garden Cress, Lavender, Lemon Balm, Oregano, Parsley, Rocket, Rosemary, Tarragon, Sage, Savoury Summer, Thyme. <b>Vegetables:</b> Beans (Dwarf &amp; Runner), Beetroot, Eggfruit, Broccoli, Cabbage, Cape Gooseberry, Capsicum (Sweet Pepper &amp; Chillies), Carrot, Cauliflower, Celery, Kale (Chou Moullier), Cucumber, Lettuce, Melons, Mizuna, Okra, Onion, Parsnip, Radish, Spinach, Squash (Bush), Strawberry, Tomato.</p>
Natal Midlands	<p><b>Flowers:</b> 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. <b>Herbs:</b> Marog, Basil, Borage, Catnip, Chamomile, Chives, Coriander, Dill, Echinacea, Fennel, Garden Cress, Lavender, Lemon Balm, Oregano, Parsley, Rocket, Rosemary, Tarragon, Sage, Savoury Summer, Thyme. <b>Vegetables:</b> Beans (Dwarf &amp; Runner), Beetroot, Eggfruit, Broccoli, Cabbage, Cape Gooseberry, Capsicum (Sweet Pepper &amp; Chillies), Carrot, Cauliflower, Celery, Kale (Chou Moullier), Cucumber, Lettuce, Melons, Mizuna, Okra, Onion, Parsnip, Radish, Spinach, Squash (Bush), Strawberry, Tomato.</p>
Eastern Cape and Little Karoo	<p><b>Flowers:</b> 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. <b>Herbs:</b> Marog, Basil, Borage, Catnip, Chamomile, Chives, Coriander, Dill, Echinacea, Fennel, Garden Cress, Lavender, Lemon Balm, Oregano, Parsley, Rocket, Rosemary, Tarragon, Sage, Savoury Summer, Thyme. <b>Vegetables:</b> Beans (Dwarf &amp; Runner), Beetroot, Eggfruit, Broccoli, Cabbage, Cape Gooseberry, Capsicum (Sweet Pepper &amp; Chillies), Carrot, Cauliflower, Celery, Kale (Chou Moullier), Cucumber, Lettuce, Melons, Mizuna, Okra, Onion, Parsnip, Radish, Spinach, Squash (Bush), Strawberry, Tomato.</p>
Western and Southern Cape	<p><b>Flowers:</b> 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. <b>Herbs:</b> Marog, Basil, Borage, Catnip, Chamomile, Chives, Coriander, Dill, Echinacea, Fennel, Garden Cress, Lavender, Lemon Balm, Oregano, Parsley, Rocket, Rosemary, Tarragon, Sage, Savoury Summer, Thyme. <b>Vegetables:</b> Beans (Dwarf &amp; Runner), Beetroot, Eggfruit, Broccoli, Cabbage, Cape Gooseberry, Capsicum (Sweet Pepper &amp; Chillies), Carrot, Cauliflower, Celery, Kale (Chou Moullier), Cucumber, Lettuce, Melons, Mizuna, Okra, Onion, Parsnip, Radish, Spinach, Squash (Bush), Strawberry, Tomato.</p>
KZN Coast	<p><b>Flowers:</b> 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. <b>Herbs:</b> Marog, Basil, Borage, Catnip, Chamomile, Chives, Coriander, Dill, Echinacea, Fennel, Garden Cress, Lavender, Lemon Balm, Oregano, Parsley, Rocket, Rosemary, Tarragon, Sage, Savory Summer, Thyme. <b>Vegetables:</b> Beans (Dwarf &amp; Runner), Beetroot, Eggfruit, Broccoli, Cabbage, Cape Gooseberry, Capsicum (Sweet Pepper &amp; Chillies), Carrot, Cauliflower, Celery, Kale (Chou Moullier), Cucumber, Lettuce, Melons, Mizuna, Okra, Onion, Parsnip, Radish, Spinach, Squash (Bush), Strawberry, Tomato.</p>

## Week 1

Root and stem cuttings, prune for growth, and weed.

## Week 2

Foliar spray, pest control, apply compost, mulch, and fertilise.

## Week 3

Prune for reduced growth, weed, apply compost, mulch, and fertilise.

## Week 4

Foliar spray, pest control, mulch for moisture.

## Take Note



### In the Garden with Marlaen:

Boost your veggie garden's success with smart planting strategies! Ensure a continuous harvest all summer with succession planting. No more one-and-done – think months, not weeks! January is your window for a final crop before the cool season. Opt for quick-harvest heroes like bush beans, tomatoes, and squashes. Remember, the golden rule of veggie growing: refresh the soil with Compost and organic fertilizer for every new crop.