

Region	What To Sow in March
Highveld	<p>Flowers: Alyssum, African Daisy, Aquilegia, Arctotis, Aster, Bellis, Calendula, Carnation, Chrysanthemum, Californian Poppy, Colour Patch (Winter Tall & Winter Dwarf), Cosmos, Delphinium, Dianthus, Felicia, Foxglove, Forget Me Not, Gazania, Godetia, Gypsophila, Larkspur, Lobelia, Marigold, Nasturtium, Namakwaland Mix, Nemesia, Mesembs, Pansy, Penstemon, Phlox, Poppy, Primula, Antirrhinum, Stative, Stocks, Sweetpea, Sunflower (Winter), Viola. Herbs: Basil, Borage, Catnip, Chives, Chervil, Garden Cress, Lavender, Marigold Mexican Mint, Mustard, Oregano, Parsley, Rocket, Salad Burnett, Tarragon, Savoury Summer. Vegetables: Artichoke, Asparagus, Beetroot, Broccoli, Brussels Sprouts, Cabbage (Chinese), Carrot, Cauliflower, Leeks, Lettuce, Marog, Mizuna, Onion (Texas Grano & Spring), Parsnip, Peas, Radish, Spinach, Swiss Chard, Turnip.</p>
Middleveld/ Bushveld	<p>Flowers: Alyssum, Arctotis, Aster, Carnation, Chrysanthemum, Thunbergia, Californian Poppy, Colour Patch (Winter Tall & Winter Dwarf), Cosmos, Delphinium, Dianthus, Foxglove, Forget Me Not, Gazania, Godetia, Gypsophila, Larkspur, Lobelia, Marigold, Nasturtium, Namakwaland Mix, Nemesia, Mesembs, Pansy, Penstemon, Phlox, Poppy, Antirrhinum, Stative, Sunflower (Winter), Viola, Verbena, Zinnia. Herbs: Basil, Borage, Catnip, Chives, Chervil, Coriander, Echinacea, Fennel, Garden Cress, Garlic Chives, Lavender, Lemon Balm, Marigold Mexican Mint, Mustard, Oregano, Parsley, Rocket, Salad Burnett, Tarragon, Savoury Summer, Thyme. Vegetables: Artichoke, Asparagus, Beans, Beetroot, Broccoli, Brussels Sprouts, Cabbage (Chinese), Cape Gooseberry, Carrot, Cauliflower, Leeks, Lettuce, Marog, Mizuna, Okra, Onion (Spring), Parsley, Parsnip, Peas, Radish, Spinach, Strawberry, Tomato, Turnip.</p>
Lowveld	<p>Flowers: Alyssum, Thunbergia, Carnation, Chrysanthemum, Coleus, Cosmos, California Poppy, Gazania, Godetia, Gypsophila, Helichrysum, Hollyhock, Impatiens, Lavatera, Marigold, Nasturtium, Nigella, Petunia, Portulaca, Salvia, Stative, Sunflower (Winter), Verbena, Zinnia. Herbs: Basil, Borage, Catnip, Chives, Chervil, Coriander, Echinacea, Fennel, Garden Cress, Garlic Chives, Lavender, Lemon Balm, Marigold Mexican Mint, Oregano, Rocket, Rosemary, Sage, Salad Burnett, Savoury Summer, Thyme. Vegetables: Beans, Beetroot, Broccoli, Eggfruit, Brussels Sprouts, Cabbage, Cape Gooseberry, Capsicum (Sweet Pepper and Chillies), Carrot, Cauliflower, Celery, Kale (Chou Moullier), Marog, Mizuna, Okra, Onion, Radish, Tomato.</p>
Northern Cape and Karoo	<p>Flowers: Alyssum, African Daisy, Arctotis, Aster, Bellis, Calendula, Carnation, Chrysanthemum, Californian Poppy, Colour Patch (Winter Tall & Winter Dwarf), Cosmos, Delphinium, Dianthus, Felicia, Foxglove, Forget Me Not, Gazania, Godetia, Gypsophila, Larkspur, Lobelia, Marigold, Nasturtium, Namakwaland Mix, Nemesia, Mesembs, Pansy, Petunia, Phlox, Poppy, Primula, Antirrhinum, Stative, Stocks, Sweetpea, Sunflower (Winter), Viola. Herbs: Basil, Borage, Catnip, Chives, Chervil, Coriander, Echinacea, Fennel, Garden Cress, Garlic Chives, Lavender, Lemon Balm, Marigold Mexican Mint, Mustard, Oregano, Parsley, Rocket, Salad Burnett, Tarragon, Savoury Summer. Vegetables: Artichoke, Asparagus, Beetroot, Broccoli, Brussels Sprouts, Cabbage (Chinese), Cape Gooseberry, Carrot, Cauliflower, Leeks, Lettuce, Marog, Mizuna, Okra, Onion (Texas Grano & Spring), Parsley, Parsnip, Peas, Radish, Spinach, Strawberry, Turnip.</p>
Natal Midlands	<p>Flowers: Alyssum, African Daisy, Aquilegia, Arctotis, Aster, Bellis, Calendula, Carnation, Chrysanthemum, Californian Poppy, Colour Patch (Winter Tall & Winter Dwarf), Cosmos, Delphinium, Dianthus, Felicia, Foxglove, Forget Me Not, Gazania, Godetia, Gypsophila, Larkspur, Lobelia, Marigold, Nasturtium, Namakwaland Mix, Nemesia, Mesembs, Pansy, Penstemon, Phlox, Poppy, Primula, Antirrhinum, Stative, Stocks, Sweetpea, Sunflower (Winter), Viola. Herbs: Basil, Borage, Catnip, Chives, Chervil, Garden Cress, Lavender, Marigold Mexican Mint, Mustard, Oregano, Parsley, Rocket, Salad Burnett, Tarragon, Savoury Summer. Vegetables: Artichoke, Asparagus, Beetroot, Broccoli, Brussels Sprouts, Cabbage (Chinese), Carrot, Cauliflower, Leeks, Lettuce, Marog, Mizuna, Onion (Texas Grano & Spring), Parsley, Parsnip, Peas, Radish, Spinach, Turnip.</p>
Eastern Cape and Little Karoo	<p>Flowers: Alyssum, African Daisy, Aquilegia, Arctotis, Aster, Bellis, Calendula, Carnation, Chrysanthemum, Thunbergia, Californian Poppy, Colour Patch (Winter Tall & Winter Dwarf), Cosmos, Delphinium, Dianthus, Foxglove, Forget Me Not, Gazania, Godetia, Gypsophila, Larkspur, Lobelia, Marigold, Nasturtium, Namakwaland Mix, Nemesia, Mesembs, Pansy, Penstemon, Phlox, Poppy, Primula, Antirrhinum, Stative, Stocks, Sweetpea, Sunflower (Winter), Viola, Verbena, Zinnia. Herbs: Basil, Borage, Catnip, Chives, Chervil, Coriander, Echinacea, Fennel, Garden Cress, Garlic Chives, Lavender, Marigold Mexican Mint, Mustard, Oregano, Parsley, Rocket, Salad Burnett, Tarragon, Savoury Summer, Thyme. Vegetables: Artichoke, Asparagus, Beans, Beetroot, Broccoli, Brussels Sprouts, Cabbage (Chinese), Cape Gooseberry, Carrot, Cauliflower, Leeks, Lettuce, Marog, Mizuna, Onion (Spring), Parsley, Parsnip, Peas, Radish, Spinach, Tomato, Turnip.</p>
Western and Southern Cape	<p>Flowers: Alyssum, African Daisy, Aquilegia, Arctotis, Aster, Bellis, Calendula, Carnation, Chrysanthemum, Thunbergia, Californian Poppy, Colour Patch (Winter Tall & Winter Dwarf), Cosmos, Delphinium, Dianthus, Foxglove, Forget Me Not, Gazania, Godetia, Gypsophila, Larkspur, Lobelia, Marigold, Nasturtium, Namakwaland Mix, Nemesia, Mesembs, Pansy, Penstemon, Phlox, Poppy, Primula, Antirrhinum, Stative, Stocks, Sweetpea, Sunflower (Winter), Viola, Verbena, Zinnia. Herbs: Basil, Borage, Catnip, Chives, Chervil, Coriander, Echinacea, Fennel, Garden Cress, Garlic Chives, Lavender, Marigold Mexican Mint, Mustard, Oregano, Parsley, Rocket, Salad Burnett, Tarragon, Savoury Summer, Thyme. Vegetables: Artichoke, Asparagus, Beans, Beetroot, Broccoli, Brussels Sprouts, Cabbage (Chinese), Cape Gooseberry, Carrot, Cauliflower, Leeks, Lettuce, Marog, Mizuna, Onion (Spring), Parsley, Parsnip, Peas, Radish, Spinach, Tomato, Turnip.</p>
KZN Coast	<p>Flowers: Alyssum, Thunbergia, Carnation, Chrysanthemum, Coleus, Cosmos, California Poppy, Gazania, Godetia, Gypsophila, Helichrysum, Hollyhock, Impatiens, Lavatera, Marigold, Nasturtium, Nigella, Petunia, Portulaca, Salvia, Stative, Sunflower (Winter), Verbena, Zinnia. Herbs: Basil, Borage, Catnip, Chives, Chervil, Coriander, Echinacea, Fennel, Garden Cress, Garlic Chives, Lavender, Lemon Balm, Marigold Mexican Mint, Oregano, Rocket, Rosemary, Sage, Salad Burnett, Savoury Summer, Thyme. Vegetables: Beans, Beetroot, Broccoli, Brussels Sprouts, Cabbage, Cape Gooseberry, Capsicum (Sweet Pepper and Chillies), Carrot, Cauliflower, Celery, Kale (Chou Moullier), Marog, Lettuce, Mizuna, Okra, Onion, Radish, Spinach, Tomato.</p>

Region	What To Harvest in March
Highveld	<p>Flowers: Alyssum, Aquilegia, Aster, Balsam, Thunbergia, Carnation, Celosia, Chrysanthemum, Coleus, Cosmos, Dahlia, Forget Me Not, Foxglove, Gazania, Godetia, Gypsophila, Helichrysum, Hollyhock, Impatiens, Larkspur, Lavatera, Lobelia, Marigold, Nasturtium, Nigella, Petunia, Phlox, Poppy, Portulaca, Salvia, Antirrhinum, Statice, Sunflower, Verbena, Zinnia. Herbs: Basil, Borage, Catnip, Celery, Chamomile, Chervil, Chives, Coriander, Dill, Echinacea, Edible Flowers, Evening Primrose, Fennel, Garden Cress, Lavender, Lemon Balm, Oregano, Paprika, Parsley, Rocket, Rosemary, Tarragon, Sage, Salad Burnett, Savoury Summer, Thyme. Vegetables: Artichoke, Beans (Dwarf & Runner), Beetroot, Broccoli, Eggfruit, Cabbage (Chinese), Cape Gooseberry, Capsicum (Sweet Pepper and Chillies), Carrot, Celery, Kale (Chou Moullier), Cucumber, Lettuce, Marog, Mealies, Melons, Mizuna, Okra, Onion (Spring), Pumpkin, Radish, Rhubarb, Spinach, Squash (Bush), Strawberry, Sweetcorn, Tomato, Watermelon.</p>
Middleveld/ Bushveld	<p>Flowers: Alyssum, Aster, Balsam, Thunbergia, Celosia, Chrysanthemum, Coleus, Cosmos, Dahlia, Gazania, Godetia, Gypsophila, Helichrysum, Impatiens, Lavatera, Lobelia, Marigold, Nasturtium, Nigella, Petunia, Portulaca, Salvia, Statice, Sunflower, Verbena, Zinnia. Herbs: Basil, Borage, Catnip, Celery, Chamomile, Chervil, Chives, Coriander, Dill, Echinacea, Edible Flowers, Evening Primrose, Fennel, Garden Cress, Lavender, Lemon Balm, Oregano, Paprika, Parsley, Rocket, Rosemary, Tarragon, Sage, Salad Burnett, Savoury Summer, Thyme. Vegetables: Artichoke, Beans (Dwarf & Runner), Beetroot, Eggfruit, Cabbage (Chinese), Cape Gooseberry, Capsicum (Sweet Pepper and Chillies), Carrot, Celery, Kale (Chou Moullier), Cucumber, Lettuce, Marog, Mealies, Melons, Mizuna, Okra, Onion (Spring), Pumpkin, Radish, Rhubarb, Spinach, Squash (Bush), Strawberry, Sweetcorn, Tomato, Watermelon.</p>
Lowveld	<p>Flowers: Alyssum, Aster, Balsam, Thunbergia, Celosia, Coleus, Cosmos, Dahlia, Gazania, Godetia, Gypsophila, Helichrysum, Impatiens, Larkspur, Lavatera, Lobelia, Marigold, Nasturtium, Nigella, Petunia, Portulaca, Salvia, Statice, Verbena, Zinnia. Herbs: Basil, Borage, Catnip, Celery, Chamomile, Chervil, Chives, Coriander, Dill, Echinacea, Edible Flowers, Evening Primrose, Fennel, Garden Cress, Lavender, Lemon Balm, Oregano, Paprika, Parsley, Rocket, Rosemary, Tarragon, Sage, Salad Burnett, Savoury Summer, Thyme. Vegetables: Artichoke, Beans (Dwarf & Runner), Beetroot, Eggfruit, Cabbage (Chinese), Cape Gooseberry, Capsicum (Sweet Pepper and Chillies), Carrot, Celery, Kale (Chou Moullier), Cucumber, Lettuce, Marog, Melons, Mizuna, Okra, Onion (Spring), Pumpkin, Radish, Spinach, Squash (Bush), Strawberry, Tomato.</p>
Northern Cape and Karoo	<p>Flowers: Alyssum, Aster, Balsam, Thunbergia, Celosia, Coleus, Cosmos, Dahlia, Gazania, Godetia, Gypsophila, Helichrysum, Impatiens, Lavatera, Lobelia, Marigold, Nasturtium, Nigella, Petunia, Phlox, Poppy, Portulaca, Salvia, Antirrhinum, Statice, Sunflower, Verbena, Zinnia. Herbs: Basil, Borage, Catnip, Celery, Chamomile, Chervil, Chives, Coriander, Dill, Echinacea, Edible Flowers, Evening Primrose, Fennel, Garden Cress, Lavender, Lemon Balm, Oregano, Paprika, Parsley, Rocket, Rosemary, Tarragon, Sage, Salad Burnett, Savoury Summer, Thyme. Vegetables: Artichoke, Beans (Dwarf & Runner), Beetroot, Broccoli, Eggfruit, Cabbage (Chinese), Cape Gooseberry, Capsicum (Sweet Pepper and Chillies), Carrot, Celery, Kale (Chou Moullier), Cucumber, Lettuce, Marog, Mealies, Melons, Mizuna, Okra, Onion (Spring), Pumpkin, Radish, Spinach, Squash (Bush), Strawberry, Tomato.</p>
Natal Midlands	<p>Flowers: Alyssum, Aquilegia, Aster, Balsam, Thunbergia, Carnation, Celosia, Chrysanthemum, Coleus, Cosmos, Dahlia, Forget Me Not, Foxglove, Gazania, Godetia, Gypsophila, Helichrysum, Hollyhock, Impatiens, Larkspur, Lavatera, Lobelia, Marigold, Nasturtium, Nigella, Petunia, Phlox, Poppy, Portulaca, Salvia, Antirrhinum, Statice, Sunflower, Verbena, Zinnia. Herbs: Basil, Borage, Catnip, Celery, Chamomile, Chervil, Chives, Coriander, Dill, Echinacea, Edible Flowers, Evening Primrose, Fennel, Garden Cress, Lavender, Lemon Balm, Oregano, Paprika, Parsley, Rocket, Rosemary, Tarragon, Sage, Salad Burnett, Savoury Summer, Thyme. Vegetables: Artichoke, Beans (Dwarf & Runner), Beetroot, Broccoli, Eggfruit, Cabbage (Chinese), Cape Gooseberry, Capsicum (Sweet Pepper and Chillies), Carrot, Celery, Kale (Chou Moullier), Cucumber, Lettuce, Marog, Mealies, Melons, Mizuna, Okra, Onion (Spring), Pumpkin, Radish, Rhubarb, Spinach, Squash (Bush), Strawberry, Sweetcorn, Tomato, Watermelon.</p>
Eastern Cape and Little Karoo	<p>Flowers: Alyssum, Aster, Balsam, Thunbergia, Carnation, Celosia, Chrysanthemum, Coleus, Cosmos, Dahlia, Forget Me Not, Gazania, Godetia, Gypsophila, Helichrysum, Hollyhock, Impatiens, Lavatera, Lobelia, Marigold, Nasturtium, Nigella, Petunia, Portulaca, Salvia, Antirrhinum, Statice, Sunflower, Verbena, Zinnia. Herbs: Basil, Borage, Catnip, Celery, Chamomile, Chervil, Chives, Coriander, Dill, Echinacea, Edible Flowers, Evening Primrose, Fennel, Garden Cress, Lavender, Lemon Balm, Oregano, Paprika, Parsley, Rocket, Rosemary, Tarragon, Sage, Salad Burnett, Savoury Summer, Thyme. Vegetables: Artichoke, Beans (Dwarf & Runner), Beetroot, Broccoli, Eggfruit, Cabbage (Chinese), Cape Gooseberry, Capsicum (Sweet Pepper and Chillies), Carrot, Celery, Kale (Chou Moullier), Cucumber, Lettuce, Marog, Mealies, Melons, Mizuna, Okra, Onion (Spring), Pumpkin, Radish, Rhubarb, Spinach, Squash (Bush), Strawberry, Sweetcorn, Tomato, Watermelon.</p>
Western and Southern Cape	<p>Flowers: Alyssum, Aster, Balsam, Thunbergia, Carnation, Celosia, Chrysanthemum, Coleus, Cosmos, Dahlia, Forget Me Not, Gazania, Godetia, Gypsophila, Helichrysum, Hollyhock, Impatiens, Larkspur, Lavatera, Lobelia, Marigold, Nasturtium, Nigella, Petunia, Phlox, Poppy, Portulaca, Salvia, Antirrhinum, Statice, Sunflower, Verbena, Zinnia. Herbs: Basil, Borage, Catnip, Celery, Chamomile, Chervil, Chives, Coriander, Dill, Echinacea, Edible Flowers, Evening Primrose, Fennel, Garden Cress, Lavender, Lemon Balm, Oregano, Paprika, Parsley, Rocket, Rosemary, Tarragon, Sage, Salad Burnett, Savoury Summer, Thyme. Vegetables: Artichoke, Beans (Dwarf & Runner), Beetroot, Broccoli, Eggfruit, Cabbage (Chinese), Cape Gooseberry, Capsicum (Sweet Pepper and Chillies), Carrot, Celery, Kale (Chou Moullier), Cucumber, Lettuce, Marog, Mealies, Melons, Mizuna, Okra, Onion (Spring), Pumpkin, Radish, Rhubarb, Spinach, Squash (Bush), Strawberry, Sweetcorn, Tomato, Watermelon.</p>
KZN Coast	<p>Flowers: Alyssum, Balsam, Thunbergia, Celosia, Coleus, Dahlia, Gazania, Helichrysum, Hollyhock, Impatiens, Lavatera, Marigold, Nasturtium, Nigella, Portulaca, Salvia, Statice, Sunflower, Verbena, Zinnia. Herbs: Basil, Borage, Catnip, Celery, Chamomile, Chervil, Chives, Coriander, Dill, Echinacea, Edible Flowers, Evening Primrose, Fennel, Garden Cress, Lavender, Lemon Balm, Oregano, Paprika, Parsley, Rocket, Rosemary, Tarragon, Sage, Salad Burnett, Savoury Summer, Thyme. Vegetables: Artichoke, Beans (Dwarf & Runner), Beetroot, Broccoli, Eggfruit, Cabbage (Chinese), Cape Gooseberry, Capsicum (Sweet Pepper and Chillies), Carrot, Celery, Kale (Chou Moullier), Cucumber, Lettuce, Marog, Mealies, Melons, Mizuna, Okra, Onion (Spring), Pumpkin, Radish, Rhubarb, Spinach, Squash (Bush), Strawberry, Sweetcorn, Tomato, Watermelon.</p>

Week 1

Direct sow cold-tolerant veggies, Transplant perennials, Weed.

Week 2

Start seeds indoors, Apply compost, Mulch, and Pest control.

Week 3

Transplant seedlings, Direct sow cool-season herbs, Weed.

Week 4

Foliar Spray, Apply compost and mulch, and Continue planting.

Take Note



In the Garden with Marlaen:

Sow winter varieties in cooler regions, while warmer areas can plant last crops before the days shorten. For a stunning spring display, sow poppies and primulas. Poppies add a spectacular touch under roses and bloom when roses are bare after pruning, while primulas bring enchanting blooms to shady spots. Directly sow seeds between summer blooms for continuous planting. Remember to fertilise all plants, especially after heavy rains that might wash away nutrients. Keep an eye out for pests in warm March weather, particularly aphids and whiteflies. If infestations occur, especially on brassicas, drench the crops with Ludwig's Insect Spray Plus—an organic solution containing canola oil pyrethrum to kill small-bodied insects on contact.