



Region	What To Sow in June
Highveld	<p><b>Flowers:</b> Alyssum, African Daisy, Bellis, Calendula, Colour Patch (Winter Tall &amp; Winter Dwarf), Felicia, Foxglove, Forget Me Not, Linaria, Lobelia, Nasturtium, Namaqualand Mix, Nemesia, Mesembs, Pansy, Sunflower (Winter), Viola, Virginian Stocks. <b>Herbs:</b> Chives, Chervil, Garden Cress, Garlic Chives, Rocket, Mustard. <b>Vegetables:</b> Broad Beans, Cabbage, Carrot, Chicory, Kale, Kohlrabi, Marog, Mizuna, Onion (Texas Grano) Parsley, Parsnip, Peas, Radish, Turnip.</p>
Middleveld/ Bushveld	<p><b>Flowers:</b> Alyssum, Arctotis, Bellis, Californian Poppy, Carnation, Colour Patch (Winter Tall &amp; Winter Dwarf), Dianthus, Forget Me Not, Foxglove, Gazania, Godetia, Lobelia, Marigold, Nasturtium, Namaqualand Mix, Nemesia, Mesembs, Pansy, Penstemon, Phlox, Antirrhinum, Sunflower (Winter), Viola, Verbena, Zinnia. <b>Herbs:</b> Marog, Basil, Catnip, Chives, Chervil, Coriander, Fennel, Garden Cress, Garlic Chives, Mustard, Oregano, Parsley, Rocket, Salad Burnett. <b>Vegetables:</b> Broad Beans, Beetroot, Cabbage, Carrot, Cauliflower, Kale, Leeks, Lettuce, Marog, Mizuna, Onion (Texas Grano), Parsley, Parsnip, Peas, Radish, Turnip.</p>
Lowveld	<p><b>Flowers:</b> Alyssum, Antirrhinum, Aster, Bellis, Thunbergia, Carnation, Chrysanthemum, California Poppy, Forget Me Not, Foxglove, Gazania, Godetia, Gypsophila, Hollyhock, Lavatera, Lobelia, Marigold, Nasturtium, Nigella, Pansy, Petunia, Salvia, Stocks, Sunflower (Winter), Verbena, Zinnia. <b>Herbs:</b> Basil, Borage, Catnip, Celery, Chives, Chervil, Coriander, Dill, Echinacea, Fennel, Garden Cress, Garlic Chives, Lavender, Lemon Balm, Marigold Mexican Mint, Oregano, Parsley, Rocket, Rosemary, Sage, Salad Burnett, Savoury Summer, Thyme. <b>Vegetables:</b> Broad Beans, Beans, Beetroot, Broccoli, Egg Fruit, Cabbage, Cape Gooseberry, Capsicum (Sweet Pepper &amp; Chillies), Carrot, Cauliflower, Celery, Kale (Chou Moulrier), Kohlrabi, Leeks, Lettuce, Marog, Mizuna, Okra, Parsley, Parsnip, Pea, Radish, Spinach, Squash (Bush &amp; Trailing), Swiss chard, Tomato, Turnip.</p>
Northern Cape and Karoo	<p><b>Flowers:</b> Alyssum, African Daisy, Arctotis, Bellis, Calendula, Californian Poppy, Colour Patch (Winter Tall &amp; Winter Dwarf), Dianthus, Felicia, Forget Me Not, Foxglove, Gazania, Godetia, Lobelia, Marigold, Nasturtium, Namaqualand Mix, Nemesia, Mesembs, Pansy, Penstemon, Petunia, Phlox, Antirrhinum, Statice, Sunflower (Winter), Viola. <b>Herbs:</b> Marog, Basil, Catnip, Celery, Chives, Chervil, Coriander, Fennel, Garden Cress, Garlic Chives, Lavender, Lemon Balm, Marigold Mexican Mint, Mustard, Oregano, Parsley, Rocket, Salad Burnett, Savoury Summer. <b>Vegetables:</b> Broad Beans, Beetroot, Broccoli, Cauliflower, Cabbage, Carrot, Marog, Kale, Mizuna, Onion (Texas Grano), Parsley, Peas, Radish, Spinach, Turnip.</p>
Natal Midlands	<p><b>Flowers:</b> Alyssum, African Daisy, Aquilegia, Bellis, Calendula, Chrysanthemum, Colour Patch (Winter Tall &amp; Winter Dwarf), Delphinium, Dianthus, Felicia, Foxglove, Forget Me Not, Gazania, Godetia, Linaria, Lobelia, Nasturtium, Namaqualand Mix, Nemesia, Mesembs, Pansy, Phlox, Stocks, Sweetpea, Sunflower (Winter), Viola, Virginian Stocks. <b>Herbs:</b> Marog, Basil, Chives, Chervil, Chives, Garden Cress, Garlic Chives, Mustard, Salad Burnett, Tarragon, Savoury Summer. <b>Vegetables:</b> Broad Beans, Broccoli, Brussel Sprouts, Cabbage, Cauliflower, Kale, Kohlrabi, Parsnip, Peas.</p>
Eastern Cape and Little Karoo	<p><b>Flowers:</b> Alyssum, African Daisy, Aquilegia, Arctotis, Bellis, Calendula, Carnation, Colour Patch (Winter Tall &amp; Winter Dwarf), Delphinium, Dianthus, Forget Me Not, Foxglove, Gazania, Godetia, Larkspur, Lobelia, Marigold, Nasturtium, Namaqualand Mix, Nemesia, Mesembs, Pansy, Penstemon, Phlox, Antirrhinum, Statice, Stocks, Sunflower (Winter), Viola. Verbena, Zinnia. <b>Herbs:</b> Marog, Basil, Chervil, Chives, Coriander, Fennel, Garden Cress, Garlic Chives, Lavender, Mustard, Oregano, Parsley, Rocket, Salad Burnett, Savoury Summer, Thyme. <b>Vegetables:</b> Broad Beans, Beetroot, Broccoli, Brussel Sprouts, Carrot, Cauliflower, Cabbage, Kale, Kohlrabi, Leeks, Lettuce, Marog, Mizuna, Onion (Texas Grano), Parsley, Peas, Radish, Spinach, Turnip.</p>
Western and Southern Cape	<p><b>Flowers:</b> Alyssum, African Daisy, Aquilegia, Arctotis, Bellis, Calendula, Carnation, Colour Patch (Winter Tall &amp; Winter Dwarf), Delphinium, Dianthus, Forget Me Not, Foxglove, Gazania, Hollyhock, Lobelia, Nasturtium, Namaqualand Mix, Nemesia, Mesembs, Pansy, Phlox, Poppy, Primula, Antirrhinum, Stocks, Sunflower (Winter), Viola. Verbena. <b>Herbs:</b> Marog, Basil, Chervil, Chives, Coriander, Garden Cress, Garlic Chives, Lavender, Marigold Mexican Mint, Mustard, Oregano, Parsley, Rocket, Salad Burnett, Savoury Summer. <b>Vegetables:</b> Broad Beans, Beetroot, Broccoli, Brussels Sprouts, Cabbage, Leeks, Lettuce, Marog, Mizuna, Onion, Parsley, Parsnip, Peas, Radish, Spinach, Swiss Chard, Turnip.</p>
KZN Coast	<p><b>Flowers:</b> Alyssum, Thunbergia, California Poppy, Cosmos, California Poppy, Forget Me Not, Foxglove, Gazania, Godetia, Gypsophila, Hollyhock, Impatiens, Lobelia, Marigold, Nasturtium, Nigella, Petunia, Portulaca, Salvia, Snapdragon, Statice, Sunflower (Winter), Verbena, Zinnia. <b>Herbs:</b> Basil, Borage, Catnip, Celery, Chives, Coriander, Garden Cress, Garlic Chives, Lavender, Lemon Balm, Marigold Mexican Mint, Oregano, Parsley, Rocket, Rosemary, Sage, Salad Burnett, Savoury Summer, Thyme. <b>Vegetables:</b> Broad Beans, Beans, Beetroot, Broccoli, Egg Fruit, Cabbage, Capsicum (Sweet Pepper &amp; Chillies), Carrot, Cucumber, Kohlrabi, Kale, Leeks, Lettuce, Pak Choi, Marog, Mizuna, Okra, Spring Onion, Parsely, Parsnip, Pea, Radish, Spinach, Squash (All), Strawberry, Swiss Chard, Tomato, Turnip, Zucchini.</p>

Region	What To Harvest in June
Highveld	<p><b>Flowers:</b> Alyssum, Aquilegia, Aster, Carnation, Calendula, Chrysanthemum, Colour Patch, Dianthus, Diascia, Felicia, Forget Me Not, Foxglove, Gazania, Godetia, Gypsophila, Hollyhock, Larkspur, Lobelia, Marigold, Nasturtium, Nemesia, Nigella, Pansy, Petunia, Poppy, Primula, Phlox, Antirrhinum, Stative, Verbena. <b>Herbs:</b> Marog, Basil, Borage, Catnip, Celery, Chervil, Chives, Coriander, Dill, Edible Flowers, Fennel, Garden Cress, Lavender, Lemon Balm, Oregano, Parsley, Rocket, Sage, Salad Burnett, Savoury Summer, Thyme. <b>Vegetables:</b> Broad Beans, Beetroot, Broccoli, Cabbage (Chinese), Carrot, Cauliflower, Kale, Kohlrabi, Leeks, Lettuce, Marog, Mizuna, Onion, Peas, Radish, Spinach.</p>
Middleveld/ Bushveld	<p><b>Flowers:</b> Alyssum, Calendula, Carnation, Colour Patch, Dianthus, Diascia, Forget Me Not, Gazania, Hollyhock, Larkspur, Lobelia, Nasturtium, Nemesia, Petunia, Phlox, Pansy, Poppy, Antirrhinum, Stative, Verbena. <b>Herbs:</b> Borage, Catnip, Celery, Chervil, Chives, Coriander, Edible Flowers, Garden Cress, Lavender, Oregano, Parsley, Rocket, Thyme. <b>Vegetables:</b> Broad Beans, Beetroot, Broccoli, Cabbage, Cauliflower, Carrot, Kale, Kohlrabi, Leeks, Lettuce, Marog, Mizuna, Onion, Radish, Spinach, Turnip, Parsnip, Peas.</p>
Lowveld	<p><b>Flowers:</b> Alyssum, Aster, Balsam, Thunbergia, California Poppy, Coleus, Cosmos, Dianthus, Diascia, Felicia, Gazania, Godetia, Gypsophila, Helichrysum, Impatiens, Larkspur, Lavatera, Lobelia, Marigold, Nasturtium, Nemesia, Nigella, Pansy, Petunia, Poppy, Stative, Stocks, Verbena. <b>Herbs:</b> Basil, Borage, Catnip, Celery, Chamomile, Chervil, Chives, Coriander, Dill, Echinacea, Edible Flowers, Evening Primrose, Fennel, Garden Cress, Lavender, Lemon Balm, Oregano, Paprika, Parsley, Rocket, Tarragon, Sage, Salad Burnett, Savoury Summer, Thyme. <b>Vegetables:</b> Beans (Dwarf &amp; Runner), Beetroot, Egg Fruit, Cabbage (Chinese), Cape Gooseberry, Capsicum (Sweet Pepper &amp; Chillies), Carrot, Celery, Kale (Chou Moullier), Cucumber, Lettuce, Marog, Mizuna, Okra, Onion (Spring), Radish, Spinach, Squash (Bush), Strawberry, Tomato.</p>
Northern Cape and Karoo	<p><b>Flowers:</b> Alyssum, Calendula, California Poppy, Carnation, Colour Patch, Dianthus, Diascia, Felicia, Forget Me Not, Foxglove, Gazania, Hollyhock, Larkspur, Lobelia, Nasturtium, Nemesia, Pansy, Petunia, Phlox, Poppy, Antirrhinum, Stative, Verbena. <b>Herbs:</b> Basil, Borage, Catnip, Celery, Chamomile, Chervil, Chives, Coriander, Dill, Edible Flowers, Fennel, Garden Cress, Lavender, Oregano, Paprika, Parsley, Rocket, Salad Burnett, Savoury Summer, Thyme. <b>Vegetables:</b> Broad Beans, Beetroot, Broccoli, Cabbage, Cauliflower, Carrot, Kale, Marog, Mizuna, Onion, Peas, Radish, Spinach.</p>
Natal Midlands	<p><b>Flowers:</b> Alyssum, Calendula, California Poppy, Carnation, Colour Patch, Dianthus, Diascia, Felicia, Forget Me Not, Gazania, Hollyhock, Larkspur, Lobelia, Nasturtium, Nemesia, Petunia, Phlox, Pansy, Poppy, Primula, Antirrhinum, Stative, Verbena. <b>Herbs:</b> Borage, Catnip, Celery, Chervil, Chives, Coriander, Edible Flowers, Garden Cress, Lavender, Oregano, Parsley, Rocket, Thyme. <b>Vegetables:</b> Broad Beans, Beetroot, Broccoli, Cabbage, Cauliflower, Carrot, Kale, Kohlrabi, Leeks, Lettuce, Marog, Mizuna, Onion, Radish, Spinach, Turnip, Parsnip, Peas.</p>
Eastern Cape and Little Karoo	<p><b>Flowers:</b> Alyssum, Calendula, California Poppy, Carnation, Colour Patch, Dianthus, Diascia, Felicia, Forget Me Not, Gazania, Hollyhock, Larkspur, Lobelia, Nasturtium, Nemesia, Petunia, Phlox, Pansy, Poppy, Primula, Antirrhinum, Stative, Verbena. <b>Herbs:</b> Borage, Catnip, Celery, Chervil, Chives, Coriander, Edible Flowers, Garden Cress, Lavender, Oregano, Parsley, Rocket, Thyme. <b>Vegetables:</b> Broad Beans, Beetroot, Broccoli, Cabbage, Cauliflower, Carrot, Kale, Kohlrabi, Leeks, Lettuce, Marog, Mizuna, Onion, Radish, Spinach, Turnip, Parsnip, Peas.</p>
Western and Southern Cape	<p><b>Flowers:</b> Alyssum, Calendula, California Poppy, Carnation, Colour Patch, Dianthus, Diascia, Felicia, Forget Me Not, Gazania, Hollyhock, Larkspur, Lobelia, Nasturtium, Nemesia, Petunia, Phlox, Pansy, Poppy, Primula, Antirrhinum, Stative, Verbena. <b>Herbs:</b> Borage, Catnip, Celery, Chervil, Chives, Coriander, Edible Flowers, Garden Cress, Lavender, Oregano, Parsley, Rocket, Thyme. <b>Vegetables:</b> Broad Beans, Beetroot, Broccoli, Cabbage, Cauliflower, Carrot, Kale, Kohlrabi, Leeks, Lettuce, Marog, Mizuna, Onion, Radish, Spinach, Turnip, Parsnip, Peas.</p>
KZN Coast	<p><b>Flowers:</b> Alyssum, Aster, Balsam, Thunbergia, Celosia, Coleus, Cosmos, Gazania, Godetia, Gypsophila, Helichrysum, Impatiens, Lavatera, Lobelia, Marigold, Nasturtium, Nigella, Petunia, Portulaca, Salvia, Stative, Verbena, Zinnia. <b>Herbs:</b> 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. <b>Vegetables:</b> Beans (Dwarf &amp; Runner), Beetroot, Egg Fruit, Cabbage (Chinese), Cape Gooseberry, Capsicum (Sweet Pepper &amp; Chillies), Carrot, Celery, Kale (Chou Moullier), Cucumber, Lettuce, Marog, Mizuna, Okra, Onion (Spring), Radish, Spinach, Squash (Bush), Strawberry, Tomato.</p>

## Week 1

Plant summer flowers, Deadhead blooms, Mulch for weed suppression, and Harvest veggies.

## Week 2

Foliar Spray, Apply compost, and Trim overgrown plants.

## Week 3

Plant heat-tolerant perennials, Weed and clear areas, Fertilise container plants, and Harvest regularly.

## Week 4

Foliar Spray, Apply a balanced fertiliser, Deadhead and trim plants, and Mulch for moisture.

## Take Note



### In the Garden with Marlaen:

As Winter and Autumn flowers and veggies planted earlier begin to flourish, it's the perfect time to indulge in warm winter soups straight from your garden. Gardeners in warmer regions can revel in the diverse offerings of the season while still enjoying the late bounties of summer crops. Remember to water your plants as needed, shield them with frost cover during chilly nights, and ensure they're well-fed. Fallen leaves make excellent ground cover mulch, offering protection to roots and beneficial soil organisms while enriching the soil as they decompose. Provide support for growing peas and sweet peas by staking them as necessary. And don't forget our feathered friends – keep them cosy with a high-energy bird suet feeder to help them stay warm during the colder months.