

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

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

Week 1

Transplant warm-season flowers, Direct sow herbs, Fertilise, and Weed.

Week 2

Foliar Spray, Apply compost and mulch, Harvest, and Plant veggies.

Week 3

Continue planting flowers, Prune shrubs, and Weed and tidy.

Week 4

Foliar Spray, Apply a balanced fertiliser, Harvest and Mulch.

Take Note



In the Garden with Marlaen:

Adjust your planting schedule based on your local weather conditions. In colder regions, where temperatures drop drastically, reduce sowings and be prepared with frost protection. Keep a close eye on soil moisture, as warm days can quickly dry out the soil. However, be cautious not to over-water as days shorten and nights become colder. For those gardening in warmer areas, embrace a variety of winter salad leaves and edible flowers like lettuce, baby spinach, and rocket. Add a pop of colour to your garden with pansies, violas, or calendula, whose petals are perfect for salads or desserts.