



Region	What To Sow in August
Highveld	<p><b>Flowers:</b> Alyssum, Foxglove, Forget Me Not, Lobelia, Nasturtium, Nemesia, Pansy, Sunflower (Winter), Viola. <b>Herbs:</b> Chives, Chervil, Garden Cress, Garlic Chives, Rocket, Mustard. <b>Vegetables:</b> Broad Beans, Beans, Cabbage, Carrot, Celery, Chicory, Chives, Kale, Kohlrabi, Lettuce, Marog, Mizuna, Onion (Texas Grano), Spring Onion, Parsley, Parsnip, Peas, Radish, Rocket Turnip.</p> <p><b>Start Indoors:</b> Antirrhinum, Aster, Chrysanthemum, Dahlia, Gazania, Lavender, Phlox, Artichoke, Asparagus, Beet, basil,, Carnation, Celosia, Coleus, Dianthus, California Poppy, Godetia, Gypsophila, Hollyhock, Larkspur, Petunia, Statice, Egg Fruit, Capsicum, Rhubarb, Spinach, Swiss Chard, Tomato. All Herbs.</p>
Middleveld/ Bushveld	<p><b>Flowers:</b> Alyssum, Aster, Thunbergia, California Poppy, Carnation, Chrysanthemum, Cosmos, Delphinium, Dianthus, Gazania, Godetia, Gypsophila, Hollyhock, Marigold, Nasturtium, Petunia, Antirrhinum, Statice, Salvia, Sunflower, Zinnia. <b>Herbs:</b> Basil, Borage, Catnip, Celery, Chives, Coriander, Dill, Echinacea, Fennel, Garden Cress, Garlic Chives, Lavender, Lemon Balm, Marigold Mexican Mint, Mustard, Oregano, Parsley, Rocket, Salad Burnett, Tarragon, Savoury Summer, Thyme. <b>Vegetables:</b> Beans, Broccoli, Cabbage, Cape Gooseberry, Carrot, Capsicum (Peppers), Cucumber, Egg Fruit, Leeks, Lettuce, Marog, Maize, Melons, Mizuna, Okra, Onion (Spring), Parsley, Parsnip, Peas, Pumpkin, Radish, Spinach, Squash, Sweetcorn, Tomato, Watermelon.</p>
Lowveld	<p><b>Flowers:</b> Alyssum, Aster, Balsam, Thunbergia, Carnation, Coleus, Cosmos, California Poppy, Dahlia, Dianthus, Gazania, Gypsophila, Impatiens, Marigold, Nasturtium, Nigella, Petunia, Portulaca, Salvia, Snapdragon, Statice, Sunflower, Verbena, Zinnia. <b>Herbs:</b> Basil, Borage, Catnip, Celery, Chervil, Chamomile, Chives, Coriander, Garden Cress, Garlic Chives, Dill, Fennel, Lemon Balm, Marigold Mexican Mint, Oregano, Parsley, Rocket, Rosemary, Sage, Salad Burnett, Savoury Summer, Sorrel, Thyme. <b>Vegetables:</b> Asparagus, Beans, Beetroot, Egg Fruit, Capsicum (Sweet Pepper and Chillies), Carrot, Cucumber, Leek, Lettuce, Marog, Mealies, Melon, Okra, Spring Onion, Parsley, Pumpkin, Radish, Rhubarb, Spinach, Squash (all types), Strawberry, Sweetcorn, Squash, Swiss Chard, Tomato, Watermelon, Zucchini.</p>
Northern Cape and Karoo	<p><b>Flowers:</b> Alyssum, Balsam, California Poppy, Coleus, Dahlia, Dianthus, Forget Me Not, Gazania, Godetia, Impatiens, Marigold, Nasturtium, Nigella, Petunia, Portulaca, Antirrhinum, Statice, Sunflower, Zinnia. <b>Herbs:</b> Basil, Borage, 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> Beans, Beetroot, Capsicum (Sweet Pepper and Chillies), Carrot, Egg Fruit, Marog, Lettuce, Mealies, Onion, Parsley, Peas, Radish, Rhubarb, Spinach, Squash, Swiss Chard, Tomato, Turnip.</p>
Natal Midlands	<p><b>Flowers:</b> Alyssum, Foxglove, Forget Me Not, Lobelia, Nasturtium, Nemesia, Pansy, Sunflower (Winter), Viola. <b>Herbs:</b> Chives, Chervil, Garden Cress, Garlic Chives, Rocket, Mustard. <b>Vegetables:</b> Broad Beans, Beans, Cabbage, Carrot, Celery, Chicory, Chives, Kale, Kohlrabi, Lettuce, Marog, Mizuna, Onion (Texas Grano), Spring Onion, Parsley, Parsnip, Peas, Radish, Rocket Turnip.</p> <p><b>Start Indoors:</b> Antirrhinum, Aster, Chrysanthemum, Dahlia, Gazania, Lavender, Phlox, Artichoke, Asparagus, Beet, Carnation, Celosia, Coleus, Dianthus, California Poppy, Godetia, Gypsophila, Hollyhock, Larkspur, Petunia, Statice, Egg Fruit, Capsicum, Rhubarb, Spinach, Swiss Chard, Tomato. All Herbs.</p>
Eastern Cape and Little Karoo	<p><b>Flowers:</b> Alyssum, Aquilegia, Arctotis, Aster, California Poppy, Carnation, Chrysanthemum, Cosmos, Delphinium, Dianthus, Forget Me Not, Gazania, Godetia, Gypsophila, Larkspur, Lobelia, Marigold, Nasturtium, Petunia, Phlox, Antirrhinum, Statice, Salvia, Sunflower, Thunbergia, Viola, Verbena, Zinnia. <b>Herbs:</b> Basil, Borage, Catnip, Celery, Chives, Coriander, Dill, Echinacea, Fennel, Garden Cress, Garlic Chives, Lavender, Lemon Balm, Marigold Mexican Mint, Oregano, Parsley, Rocket, Salad Burnett, Tarragon, Savoury Summer, Thyme. <b>Vegetables:</b> Beans, Beetroot, Cabbage, Capsicum (Sweet Pepper and Chillies), Cucumber, Egg Fruit, Lettuce, Marog, Onion, Parsley, Parsnip, Pumpkin, Radish, Rhubarb, Spinach, Swiss Chard, Turnip.</p>
Western and Southern Cape	<p><b>Flowers:</b> Alyssum, Aquilegia, Arctotis, Carnation, Delphinium, Dianthus, Forget Me Not, Foxglove, Gazania, Hollyhock, Lobelia, Nasturtium, Namakwaland Mix, Nemesia, Pansy, Phlox, Antirrhinum, Sunflower (Winter), Viola, Verbena. <b>Herbs:</b> Basil, Celery, Chervil, Chives, Coriander, Garden Cress, Garlic Chives, Lavender, Mustard, Oregano, Parsley, Rocket, Salad Burnett, Savoury Summer. <b>Vegetables:</b> Asparagus, Broad Beans, Beetroot, Broccoli, Brussels Sprouts, Cabbage, Carrot, Leeks, Lettuce, Marog, Mizuna, Onion, Parsley, Parsnip, Peas, Radish, Spinach, Swiss Chard, Turnip.</p> <p><b>Start Indoors:</b> Antirrhinum, Aster, Chrysanthemum, Dahlia, Gazania, Lavender, Phlox, Artichoke, Asparagus, Beet, Carnation, Celosia, Coleus, Dianthus, California Poppy, Godetia, Gypsophila, Hollyhock, Larkspur, Petunia, Statice, Egg Fruit, Capsicum, Rhubarb, Spinach, Swiss Chard, Tomato. All Herbs.</p>
KZN Coast	<p><b>Flowers:</b> Alyssum, Aster, Balsam, Thunbergia, California Poppy, Carnation, Coleus, Cosmos, Dahlia, Dianthus, Gazania, Gypsophila, Impatiens, Marigold, Nasturtium, Nigella, Petunia, Portulaca, Salvia, Snapdragon, Statice, Sunflower, Verbena, Zinnia. <b>Herbs:</b> Basil, Borage, Catnip, Celery, Chervil, Chamomile, Chives, Coriander, Garden Cress, Garlic Chives, Dill, Fennel, Lemon Balm, Marigold Mexican Mint, Oregano, Parsley, Rocket, Rosemary, Sage, Salad Burnett, Savoury Summer, Sorrel, Thyme. <b>Vegetables:</b> Asparagus, Beans, Beetroot, Egg Fruit, Capsicum (Sweet Pepper and Chillies), Carrot, Cucumber, Leek, Lettuce, Marog, Mealies, Melon, Okra, Spring Onion, Parsley, Pumpkin, Radish, Rhubarb, Spinach, Squash (all types), Strawberry, Sweetcorn, Squash, Swiss Chard, Tomato, Watermelon, Zucchini.</p>

Region	What To Harvest in August
Highveld	<p><b>Flowers:</b> Alyssum, Calendula, Colour Patch, Dianthus, Diascia, Felicia, Forget Me Not, Foxglove, Gazania, Lobelia, Nasturtium, Nemesia, Pansy, Petunia, Poppy, Primula, Phlox, Antirrhinum. <b>Herbs:</b> Basil, Borage, Catnip, Celery, Chervil, Chives, Dill, Edible Flowers, Garden Cress, Lavender, Parsley, Rocket, Sage, Thyme. <b>Vegetables:</b> Broad Beans, Beetroot, Broccoli, Brussels Sprouts, Cabbage, Carrot, Cauliflower, Kale, Kohlrabi, Leeks, Lettuce, Marog, Mizuna, Onion, Peas, Radish, Spinach.</p>
Middleveld/ Bushveld	<p><b>Flowers:</b> African Daisies, Alyssum, Calendula, Carnation, Colour Patch, Dianthus, Diascia, Felicia, Forget Me Not, Gazania, Hollyhock, Larkspur, Lobelia, Nasturtium, Namakwaland Mix, Nemesia, Petunia, Phlox, Pansy, Poppy, Primula, Antirrhinum, Stative, Sweetpea, 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, Dianthus, Diascia, Felicia, Gazania, Godetia, Gypsophila, Helichrysum, Impatiens, Larkspur, Lavatera, Lobelia, Marigold, Nasturtium, Nemesia, Nigella, Pansy, Petunia, 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, Cape Gooseberry, Capsicum (Sweet Pepper and Chillies), Carrot, Celery, Kale (Chou Moullier), Lettuce, Marog, Mizuna, Okra, Onion (Spring), Radish, Spinach, Squash (Bush), Strawberry, Tomato.</p>
Northern Cape and Karoo	<p><b>Flowers:</b> African Daisies, Alyssum, Calendula, Carnation, Colour Patch, Dianthus, Diascia, Felicia, Forget Me Not, Gazania, Hollyhock, Larkspur, Lobelia, Nasturtium, Namakwaland Mix, Nemesia, Petunia, Phlox, Pansy, Poppy, Primula, Antirrhinum, Stative, Sweetpea, Verbena. <b>Herbs:</b> Basil, Borage, Catnip, Celery, Chervil, Chives, Coriander, Dill, 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>
Natal Midlands	<p><b>Flowers:</b> African Daisies, Alyssum, Calendula, Carnation, Colour Patch, Dianthus, Diascia, Felicia, Forget Me Not, Gazania, Hollyhock, Larkspur, Lobelia, Nasturtium, Namakwaland Mix, Nemesia, Petunia, Pansy, Poppy, Primula, Antirrhinum, Stative, Sweetpea, 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, 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> African Daisies, Alyssum, Calendula, Carnation, Colour Patch, Dianthus, Diascia, Felicia, Forget Me Not, Gazania, Hollyhock, Larkspur, Lobelia, Nasturtium, Namakwaland Mix, Nemesia, Phlox, Pansy, Poppy, Primula, Antirrhinum, Stative, Sweetpea, 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, California Poppy, Dianthus, Diascia, Felicia, Gazania, Godetia, Gypsophila, Helichrysum, Impatiens, Larkspur, Lavatera, Lobelia, Marigold, Nasturtium, Nemesia, Nigella, Pansy, Petunia, 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, Cape Gooseberry, Capsicum (Sweet Pepper and Chillies), Carrot, Celery, Kale (Chou Moullier), Lettuce, Marog, Mizuna, Okra, Onion (Spring), Radish, Spinach, Squash (Bush), Strawberry, Tomato.</p>

## Week 1

Begin planning for early Summer crops, keeping in mind the need for protection against late cold snaps. Get a head start by starting your seed indoors.

## Week 2

Prepare garden beds with compost, ensuring the soil is raked smooth and level. Water regularly, ensuring that soil stays moist but not waterlogged.

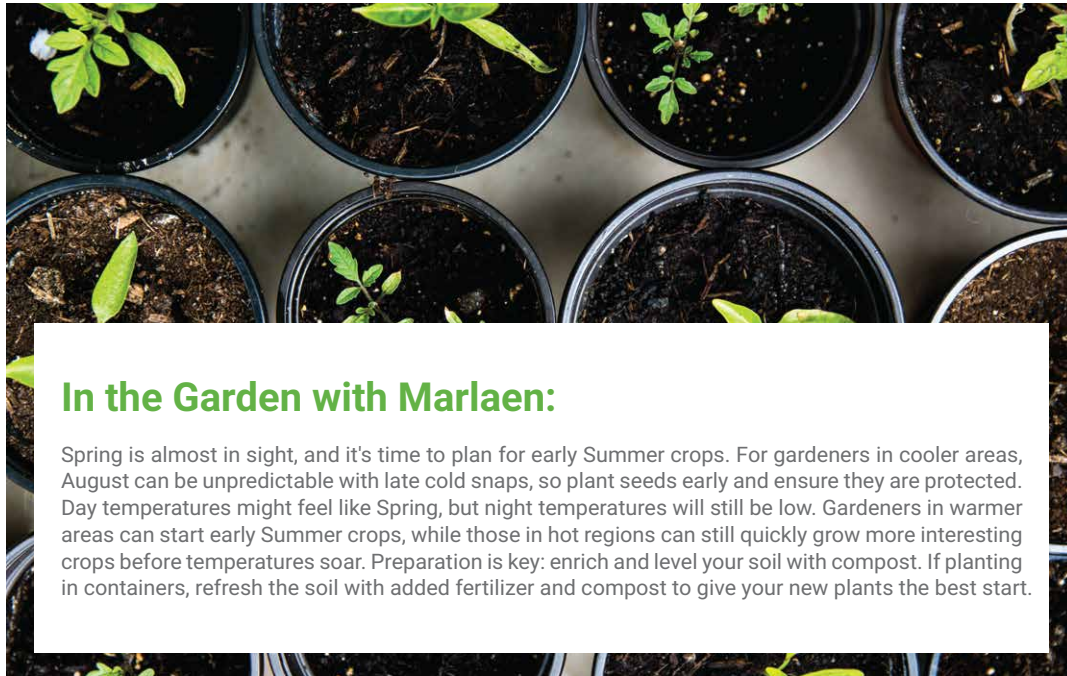
## Week 3

Resist the urge to prune frost-damaged plants, even if they look sad. Pruning now will promote soft new growth that could be killed by late frost. If planting in containers, assess the soil quality.

## Week 4

Continue to maintain garden beds, removing any weeds and keeping the soil healthy. Add a layer of compost to garden beds to provide ongoing nutrition to growing plants.

## Take Note



### In the Garden with Marlaen:

Spring is almost in sight, and it's time to plan for early Summer crops. For gardeners in cooler areas, August can be unpredictable with late cold snaps, so plant seeds early and ensure they are protected. Day temperatures might feel like Spring, but night temperatures will still be low. Gardeners in warmer areas can start early Summer crops, while those in hot regions can still quickly grow more interesting crops before temperatures soar. Preparation is key: enrich and level your soil with compost. If planting in containers, refresh the soil with added fertilizer and compost to give your new plants the best start.