

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

Region	What To Harvest in July
Highveld	<p>Flowers: Alyssum, Aquilegia, Calendula, Colour patch, Dianthus, Diascia, Felicia, Forget Me Not, Foxglove, Gazania, Hollyhock, Larkspur, Lobelia, Nasturtium, Nemesia, Pansy, Petunia, Poppy, Primula, Phlox, Antirrhinum, Statice, Verbena. Herbs: Basil, Borage, Catnip, Celery, Chervil, Chives, Dill, Edible Flowers, Fennel, Garden Cress, Lavender, Lemon Balm, Parsley, Rocket, Sage, Salad Burnett, Savoury Summer, Thyme. Vegetables: Broad Beans, Beetroot, Broccoli, Cabbage, Carrot, Cauliflower, Kale, Kohlrabi, Leeks, Lettuce, Marog, Mizuna, Onion, Peas, Radish, Spinach.</p>
Middleveld/ Bushveld	<p>Flowers: 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, Statice, Sweetpea, Verbena. Herbs: Borage, Catnip, Celery, Chervil, Chives, Coriander, Dill, Edible Flowers, Garden Cress, Lavender, Oregano, Parsley, Rocket, Thyme. Vegetables: Broad Beans, Beetroot, Broccoli, Cabbage, Cauliflower, Carrot, Kale, Kohlrabi, Leeks, Lettuce, Marog, Mizuna, Onion, Radish, Spinach, Turnip, Parsnip, Peas.</p>
Lowveld	<p>Flowers: Alyssum, Aster, Balsam, Thunbergia, California Poppy, Dianthus, Diascia, Felicia, Gazania, Godetia, Gypsophila, Helichrysum, Impatiens, Larkspur, Lavatera, Lobelia, Marigold, Nasturtium, Nemesia, Nigella, Pansy, Petunia, Statice, Stocks, Verbena. 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 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>Flowers: 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, Statice, Sweetpea, Verbena. Herbs: Basil, Borage, Catnip, Celery, Chervil, Chives, Coriander, Dill, Edible Flowers, Garden Cress, Lavender, Oregano, Parsley, Rocket, Thyme. Vegetables: Broad Beans, Beetroot, Broccoli, Cabbage, Cauliflower, Carrot, Kale, Kohlrabi, Leeks, Lettuce, Marog, Mizuna, Onion, Radish, Spinach, Turnip, Parsnip, Peas.</p>
Natal Midlands	<p>Flowers: 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, Statice, Sweetpea, Verbena. Herbs: Borage, Catnip, Celery, Chervil, Chives, Coriander, Edible Flowers, Garden Cress, Lavender, Oregano, Parsley, Rocket, Thyme. Vegetables: 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>Flowers: Alyssum, Calendula, California Poppy, Carnation, Colour Patch, Dianthus, Diascia, Felicia, Forget Me Not, Gazania, Hollyhock, Larkspur, Lobelia, Nasturtium, Nemesia, Pansy, Poppy, Primula, Antirrhinum, Statice, Verbena. Herbs: Borage, Catnip, Celery, Chervil, Chives, Coriander, Edible Flowers, Garden Cress, Lavender, Oregano, Parsley, Rocket, Thyme. Vegetables: 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>Flowers: 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, Statice, Sweetpea, Verbena. Herbs: Borage, Catnip, Celery, Chervil, Chives, Coriander, Edible Flowers, Garden Cress, Lavender, Oregano, Parsley, Rocket, Thyme. Vegetables: Broad Beans, Beetroot, Broccoli, Cabbage, Cauliflower, Carrot, Kale, Kohlrabi, Leeks, Lettuce, Marog, Mizuna, Onion, Radish, Spinach, Turnip, Parsnip, Peas.</p>
KZN Coast	<p>Flowers: Alyssum, Aster, Balsam, Thunbergia, California Poppy, Dianthus, Diascia, Felicia, Gazania, Godetia, Gypsophila, Helichrysum, Impatiens, Larkspur, Lavatera, Lobelia, Marigold, Nasturtium, Nemesia, Nigella, Pansy, Petunia, Statice, Stocks, Verbena. 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 and Chillies), Carrot, Celery, Kale (Chou Moullier), Lettuce, Marog, Mizuna, Okra, Onion (Spring), Radish, Spinach, Squash (Bush), Strawberry, Tomato.</p>

Week 1

Harvest early sown Winter and Autumn veggies, mulch and apply frost cover at night where needed.

Week 2

Check and secure all plant supports, especially for climbing plants. Water the vegetable garden thoroughly once a week.

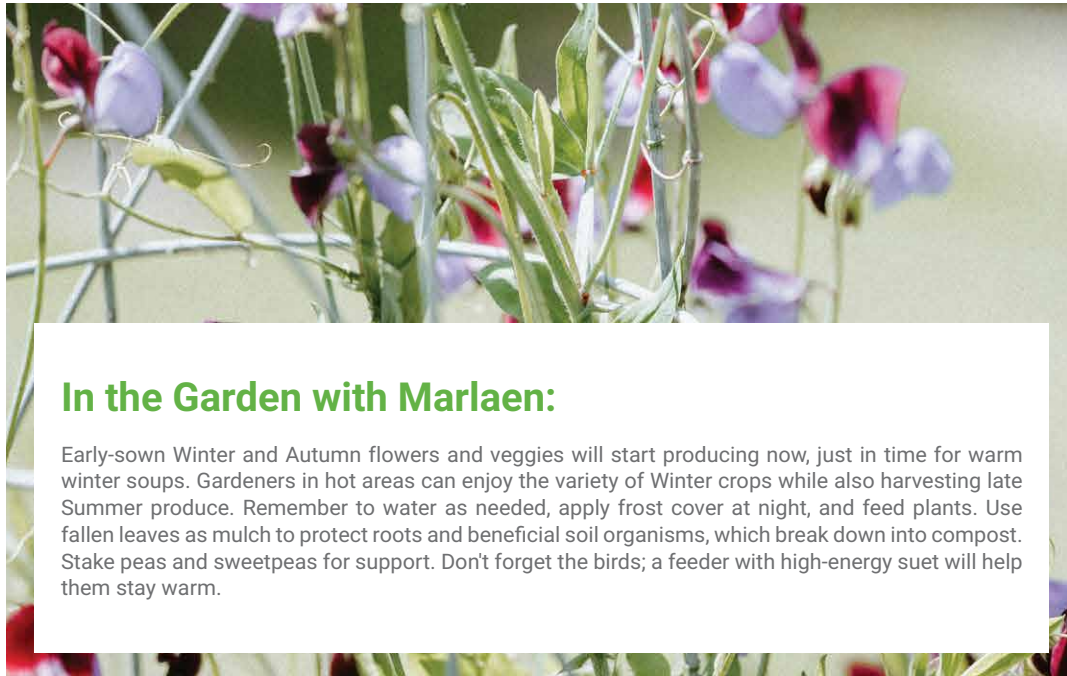
Week 3

Keep turning the compost to aid breakdown, continue harvesting any remaining Summer crops.

Week 4

Feed with foliar spray, apply a balanced fertiliser leafy veg and herbs. Plan and prepare beds for Spring vegetables.

Take Note



In the Garden with Marlaen:

Early-sown Winter and Autumn flowers and veggies will start producing now, just in time for warm winter soups. Gardeners in hot areas can enjoy the variety of Winter crops while also harvesting late Summer produce. Remember to water as needed, apply frost cover at night, and feed plants. Use fallen leaves as mulch to protect roots and beneficial soil organisms, which break down into compost. Stake peas and sweetpeas for support. Don't forget the birds; a feeder with high-energy suet will help them stay warm.