

| Region | What To Sow in October |
|----------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Highveld | <p>Flowers: Alyssum, Aquilegia, Aster, Balsam, Cactus Mix, Californian Poppy, Carnation, Celosia, Chrysanthemum, Coleus, Cosmos, Dahlia, Delphinium, Dianthus, Flower Mixes, Foxglove, Gazania, Godetia, Gypsophila, Helichrysum, Hollyhock, Impatiens, Larkspur, Lavatera, Lobelia, Marigold, Nasturtium, Nigella, Penstemon, Petunia, Phlox, Portulaca, Protea, Salvia, Thunbergia, Antirrhinum, Statice, Sunflower, Verbena, Zinnia. Herbs: Marog, Basil, Borage, Catnip, Celery, Chamomile, Chervil, Chives, Coriander, Dill, Echinacea, Edible Flowers, Fennel, Garden Cress, Lavender, Lemon Balm, Marigold Mexican Mint, Oregano, Paprika, Parsley, Rocket, Wild Rocket, Rosemary, Tarragon, Sage, Salad Burnett, Savoury Summer, Tarragon, Thyme. Vegetables: Artichoke, Asparagus, Beans (Dwarf & Runner), Beetroot, Egg Fruit, Broccoli, Cabbage, Cape Gooseberry, Capsicum (Sweet Pepper & Chillies), Carrot, Cauliflower, Celery, Kale (Chou Moullier), Cucumber, Leeks, Lettuce, Mealies, Melons, Mizuna, Okra, Onion, Peas, Pumpkin, Radish, Rape, Rhubarb, Spinach, Squash (Bush), Sweetcorn, Strawberry, Tomato, Watermelon. Grass: Bermuda/Cape Royal, Evergreen, Kikuyu, Shade Master, Wonderlawn.</p> |
| Middleveld/ Bushveld | <p>Flowers: Alyssum, Aster, Balsam, Cactus Mix, Californian Poppy, Carnation, Celosia, Coleus, Cosmos, Dahlia, Flower Mixes, Forget-Me-Not, Foxglove, Gazania, Godetia, Gypsophila, Helichrysum, Hollyhock, Impatiens, Lavatera, Lobelia, Marigold, Nasturtium, Nigella, Penstemon, Petunia, Phlox, Portulaca, Protea, Salvia, Thunbergia, Antirrhinum, Statice, Sunflower, Verbena, Zinnia. Herbs: Marog, Basil, Borage, Catnip, Celery, Chamomile, Chervil, Chives, Coriander, Dill, Echinacea, Edible Flowers, Fennel, Garden Cress, Lavender, Lemon Balm, Marigold Mexican Mint, Oregano, Paprika, Parsley, Rocket, Wild Rocket, Rosemary, Tarragon, Sage, Salad Burnett, Savoury Summer, Tarragon, Thyme. Vegetables: Artichoke, Asparagus, Beans (Dwarf & Runner), Beetroot, Egg Fruit, Cabbage, Cape Gooseberry, Capsicum (Sweet Pepper & Chillies), Carrot, Celery, Kale (Chou Moullier), Cucumber, Leeks, Lettuce, Mealies, Melons, Mizuna, Okra, Onion, Pumpkin, Radish, Rape, Rhubarb, Spinach, Squash (Bush), Sweetcorn, Strawberry, Tomato, Watermelon. Grass: Bermuda/Cape Royal, Evergreen, Kikuyu, Shade Master, Wonderlawn.</p> |
| Lowveld | <p>Flowers: Alyssum, Balsam, Cactus Mix, Californian Poppy, Carnation, Celosia, Coleus, Flower Mixes, Forget-Me-Not, Gazania, Godetia, Gypsophila, Helichrysum, Impatiens, Lavatera, Marigold, Nasturtium, Portulaca, Protea, Salvia, Thunbergia, Statice, Sunflower, Verbena, Zinnia. Herbs: Marog, Basil, Borage, Catnip, Celery, Chamomile, Chives, Coriander, Dill, Echinacea, Edible Flowers, Fennel, Garden Cress, Lavender, Lemon Balm, Marigold Mexican Mint, Oregano, Paprika, Parsley, Rocket, Wild Rocket, Rosemary, Tarragon, Sage, Salad Burnett, Savoury Summer, Tarragon, Thyme. Vegetables: Beans (Dwarf & Runner), Beetroot, Egg Fruit, Cape Gooseberry, Capsicum (Sweet Pepper & Chillies), Carrot, Kale (Chou Moullier), Cucumber, Lettuce, Mealies, Melons, Mizuna, Okra, Pumpkin, Radish, Rape, Rhubarb, Spinach, Squash (Bush), Sweetcorn, Strawberry, Tomato, Watermelon. Grass: Bermuda/Cape Royal, Evergreen, Kikuyu, Shade Master, Wonderlawn.</p> |
| Northern Cape and Karoo | <p>Flowers: Alyssum, Balsam, Cactus Mix, Californian Poppy, Carnation, Celosia, Coleus, Flower Mixes, Forget-Me-Not, Gazania, Godetia, Gypsophila, Helichrysum, Impatiens, Lavatera, Lobelia, Marigold, Nasturtium, Nigella, Penstemon, Petunia, Phlox, Portulaca, Protea, Salvia, Thunbergia, Statice, Sunflower, Verbena, Zinnia. Herbs: Marog, Basil, Borage, Catnip, Celery, Chamomile, Chervil, Chives, Coriander, Dill, Echinacea, Edible Flowers, Fennel, Garden Cress, Lavender, Lemon Balm, Marigold Mexican Mint, Oregano, Paprika, Parsley, Rocket, Wild Rocket, Rosemary, Tarragon, Sage, Salad Burnett, Savoury Summer, Tarragon, Thyme. Vegetables: Artichoke, Asparagus, Beans (Dwarf & Runner), Beetroot, Egg Fruit, Cabbage, Cape Gooseberry, Capsicum (Sweet Pepper & Chillies), Carrot, Celery, Kale (Chou Moullier), Cucumber, Leeks, Lettuce, Mealies, Melons, Mizuna, Okra, Onion, Pumpkin, Radish, Rape, Rhubarb, Spinach, Squash (Bush), Sweetcorn, Strawberry, Tomato, Watermelon. Grass: Bermuda/Cape Royal, Evergreen, Kikuyu, Shade Master, Wonderlawn.</p> |
| Natal Midlands | <p>Flowers: Alyssum, Aquilegia, Aster, Balsam, Cactus Mix, Californian Poppy, Carnation, Celosia, Chrysanthemum, Coleus, Cosmos, Dahlia, Delphinium, Dianthus, Flower Mixes, Foxglove, Gazania, Godetia, Gypsophila, Helichrysum, Hollyhock, Impatiens, Larkspur, Lavatera, Lobelia, Marigold, Nasturtium, Nigella, Penstemon, Petunia, Phlox, Portulaca, Protea, Salvia, Thunbergia, Antirrhinum, Statice, Sunflower, Verbena, Zinnia. Herbs: Marog, Basil, Borage, Catnip, Celery, Chamomile, Chervil, Chives, Coriander, Dill, Echinacea, Edible Flowers, Fennel, Garden Cress, Lavender, Lemon Balm, Marigold Mexican Mint, Oregano, Paprika, Parsley, Rocket, Wild Rocket, Rosemary, Tarragon, Sage, Salad Burnett, Savoury Summer, Tarragon, Thyme. Vegetables: Artichoke, Asparagus, Beans (Dwarf & Runner), Beetroot, Egg Fruit, Broccoli, Cabbage, Cape Gooseberry, Capsicum (Sweet Pepper & Chillies), Carrot, Cauliflower, Celery, Kale (Chou Moullier), Cucumber, Leeks, Lettuce, Mealies, Melons, Mizuna, Okra, Onion, Peas, Pumpkin, Radish, Rape, Rhubarb, Spinach, Squash (Bush), Sweetcorn, Strawberry, Tomato, Watermelon. Grass: Bermuda/Cape Royal, Evergreen, Kikuyu, Shade Master, Wonderlawn.</p> |
| Eastern Cape and Little Karoo | <p>Flowers: Alyssum, Aquilegia, Balsam, Cactus Mix, Californian Poppy, Carnation, Celosia, Coleus, Cosmos, Dahlia, Flower Mixes, Foxglove, Gazania, Godetia, Gypsophila, Helichrysum, Hollyhock, Impatiens, Larkspur, Lavatera, Lobelia, Marigold, Nasturtium, Nigella, Penstemon, Petunia, Phlox, Portulaca, Protea, Salvia, Thunbergia, Antirrhinum, Statice, Sunflower, Verbena, Zinnia. Herbs: Marog, Basil, Borage, Catnip, Celery, Chamomile, Chervil, Chives, Coriander, Dill, Echinacea, Edible Flowers, Fennel, Garden Cress, Lavender, Lemon Balm, Marigold Mexican Mint, Oregano, Paprika, Parsley, Rocket, Wild Rocket, Rosemary, Tarragon, Sage, Salad Burnett, Savoury Summer, Tarragon, Thyme. Vegetables: Artichoke, Asparagus, Beans (Dwarf & Runner), Beetroot, Egg Fruit, Broccoli, Cabbage, Cape Gooseberry, Capsicum (Sweet Pepper & Chillies), Carrot, Cauliflower, Celery, Kale (Chou Moullier), Cucumber, Leeks, Lettuce, Mealies, Melons, Mizuna, Okra, Onion, Peas, Pumpkin, Radish, Rape, Rhubarb, Spinach, Squash (Bush), Sweetcorn, Strawberry, Tomato, Watermelon. Grass: Bermuda/Cape Royal, Evergreen, Kikuyu, Shade Master, Wonderlawn.</p> |
| Western and Southern Cape | <p>Flowers: Alyssum, Aquilegia, Aster, Balsam, Cactus Mix, Californian Poppy, Carnation, Celosia, Chrysanthemum, Coleus, Cosmos, Dahlia, Delphinium, Dianthus, Flower Mixes, Foxglove, Gazania, Godetia, Gypsophila, Helichrysum, Hollyhock, Impatiens, Larkspur, Lavatera, Lobelia, Marigold, Nasturtium, Nigella, Penstemon, Petunia, Phlox, Portulaca, Protea, Salvia, Thunbergia, Antirrhinum, Statice, Sunflower, Verbena, Zinnia. Herbs: Marog, Basil, Borage, Catnip, Celery, Chamomile, Chervil, Chives, Coriander, Dill, Echinacea, Edible Flowers, Fennel, Garden Cress, Lavender, Lemon Balm, Marigold Mexican Mint, Oregano, Paprika, Parsley, Rocket, Wild Rocket, Rosemary, Tarragon, Sage, Salad Burnett, Savoury Summer, Tarragon, Thyme. Vegetables: Artichoke, Asparagus, Beans (Dwarf & Runner), Beetroot, Egg Fruit, Broccoli, Cabbage, Cape Gooseberry, Capsicum (Sweet Pepper & Chillies), Carrot, Cauliflower, Celery, Kale (Chou Moullier), Cucumber, Leeks, Lettuce, Mealies, Melons, Mizuna, Okra, Onion, Peas, Pumpkin, Radish, Rape, Rhubarb, Spinach, Squash (Bush), Sweetcorn, Strawberry, Tomato, Watermelon. Grass: Bermuda/Cape Royal, Evergreen, Kikuyu, Shade Master, Wonderlawn.</p> |
| KZN Coast | <p>Flowers: Alyssum, Balsam, Cactus Mix, Californian Poppy, Carnation, Celosia, Coleus, Flower Mixes, Forget-Me-Not, Gazania, Godetia, Gypsophila, Helichrysum, Impatiens, Lavatera, Marigold, Nasturtium, Portulaca, Protea, Salvia, Thunbergia, Statice, Sunflower, Verbena, Zinnia. Herbs: Marog, Basil, Borage, Catnip, Celery, Chamomile, Chives, Coriander, Dill, Echinacea, Edible Flowers, Fennel, Garden Cress, Lavender, Lemon Balm, Marigold Mexican Mint, Oregano, Paprika, Parsley, Rocket, Wild Rocket, Rosemary, Tarragon, Sage, Tarragon, Thyme. Vegetables: Beans (Dwarf & Runner), Beetroot, Egg Fruit, Cape Gooseberry, Capsicum (Sweet Pepper & Chillies), Carrot, Kale (Chou Moullier), Cucumber, Lettuce, Mealies, Melons, Mizuna, Okra, Pumpkin, Radish, Rape, Rhubarb, Spinach, Squash (Bush), Sweetcorn, Strawberry, Tomato, Watermelon. Grass: Bermuda/Cape Royal, Evergreen, Kikuyu, Shade Master, Wonderlawn.</p> |

| Region | What To Harvest in October |
|----------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Highveld | <p>Flowers: Alyssum, Aquilegia, Aster, Carnation, Chrysanthemum, Coleus, Cosmos, Dahlia, Delphinium, Dianthus, Flower Mixes, Foxglove, Gazania, Gypsophila, Helichrysum, Hollyhock, Impatiens, Larkspur, Lavatera, Lobelia, Marigold, Nasturtium, Nigella, Penstemon, Petunia, Phlox, Protea, Salvia, Thunbergia, Antirrhinum, Statice, Verbena. Herbs: Marog, Basil, Borage, Catnip, Celery, Chamomile, Chervil, Chives, Coriander, Dill, Echinacea, Edible Flowers, Fennel, Garden Cress, Lavender, Lemon Balm, Marigold Mexican Mint, Oregano, Paprika, Parsley, Rocket, Wild Rocket, Rosemary, Tarragon, Sage, Salad Burnett, Savoury Summer, Tarragon, Thyme. Vegetables: Artichoke, Asparagus, Beans (Dwarf & Runner), Beetroot, Broccoli, Cabbage, Cape Gooseberry, Carrot, Cauliflower, Celery, Kale (Chou Moullier), Leeks, Lettuce, Mizuna, Okra, Onion, Peas, Radish, Rape, Rhubarb, Spinach, Strawberry. Grass: Bermuda/Cape Royal, Evergreen, Kikuyu, Shade Master, Wonderlawn.</p> |
| Middleveld/ Bushveld | <p>Flowers: Alyssum, Aster, Balsam, Cactus Mix, Californian Poppy, Carnation, Celosia, Chrysanthemum, Coleus, Cosmos, Flower Mixes, Gazania, Godetia, Gypsophila, Helichrysum, Hollyhock, Impatiens, Lavatera, Lobelia, Marigold, Nasturtium, Nigella, Penstemon, Petunia, Phlox, Portulaca, Protea, Salvia, Thunbergia, Antirrhinum, Statice, Sunflower, Verbena, Zinnia. Herbs: Marog, Basil, Borage, Catnip, Celery, Chamomile, Chervil, Chives, Coriander, Dill, Echinacea, Edible Flowers, Fennel, Garden Cress, Lavender, Lemon Balm, Marigold Mexican Mint, Oregano, Paprika, Parsley, Rocket, Wild Rocket, Rosemary, Tarragon, Sage, Salad Burnett, Savoury Summer, Tarragon, Thyme. Vegetables: Artichoke, Asparagus, Beans (Dwarf & Runner), Beetroot, Egg Fruit, Broccoli, Cape Gooseberry, Capsicum (Sweet Pepper & Chillies), Carrot, Cauliflower, Celery, Kale (Chou Moullier), Cucumber, Lettuce, Mizuna, Okra, Onion, Radish, Rape, Rhubarb, Spinach, Strawberry, Squash, Tomato. Grass: Bermuda/Cape Royal, Evergreen, Kikuyu, Shade Master, Wonderlawn.</p> |
| Lowveld | <p>Flowers: Alyssum, Aster, Thunbergia, Californian Poppy, Carnation, Celosia, Coleus, Cosmos, Dahlia, Forget-Me-Not, Godetia, Gypsophila, Hollyhock, Impatiens, Marigold, Nasturtium, Nigella, Petunia, Phlox, Salvia, Statice, Sunflower, Verbena, Zinnia. Herbs: Marog, Basil, Borage, Catnip, Chamomile, Chives, Coriander, Dill, Echinacea, Fennel, Garden Cress, Lavender, Lemon Balm, Oregano, Marigold Mexican Mint, Parsley, Rocket, Wild Rocket, Rosemary, Tarragon, Sage, Savoury Summer, Thyme. Vegetables: Beans (Dwarf & Runner), Beetroot, Egg Fruit, Cape Gooseberry, Capsicum (Sweet Pepper & Chillies), Celery, Kale (Chou Moullier), Cucumber, Lettuce, Mealies, Melons, Mizuna, Okra, Onion, Radish, Spinach, Squash (Bush), Strawberry, Sweetcorn, Tomato, Watermelon.</p> |
| Northern Cape and Karoo | <p>Flowers: Alyssum, Thunbergia, Californian Poppy, Gypsophila, Hollyhock, Impatiens, Marigold, Nasturtium, Nigella, Salvia, Statice, Sunflower, Verbena, Zinnia. Herbs: Marog, Basil, Borage, Catnip, Celery, Chamomile, Chervil, Chives, Coriander, Dill, Echinacea, Edible Flowers, Fennel, Garden Cress, Lavender, Lemon Balm, Marigold Mexican Mint, Oregano, Paprika, Parsley, Rocket, Wild Rocket, Rosemary, Tarragon, Sage, Salad Burnett, Savoury Summer, Tarragon, Thyme. Vegetables: Artichoke, Beans (Dwarf & Runner), Beetroot, Egg Fruit, Cape Gooseberry, Capsicum (Sweet Pepper & Chillies), Celery, Kale (Chou Moullier), Cucumber, Lettuce, Mealies, Melons, Mizuna, Okra, Onion, Radish, Rape, Rhubarb, Spinach, Squash (Bush), Sweetcorn, Strawberry, Tomato, Watermelon.</p> |
| Natal Midlands | <p>Flowers: Alyssum, Aquilegia, Aster, Carnation, Chrysanthemum, Coleus, Cosmos, Dahlia, Delphinium, Dianthus, Flower Mixes, Foxglove, Gazania, Gypsophila, Helichrysum, Hollyhock, Impatiens, Larkspur, Lavatera, Lobelia, Marigold, Nasturtium, Nigella, Penstemon, Petunia, Phlox, Protea, Salvia, Thunbergia, Antirrhinum, Statice, Verbena. Herbs: Marog, Basil, Borage, Catnip, Celery, Chamomile, Chervil, Chives, Coriander, Dill, Echinacea, Edible Flowers, Fennel, Garden Cress, Lavender, Lemon Balm, Marigold Mexican Mint, Oregano, Paprika, Parsley, Rocket, Wild Rocket, Rosemary, Tarragon, Sage, Salad Burnett, Savoury Summer, Tarragon, Thyme. Vegetables: Artichoke, Asparagus, Beans (Dwarf & Runner), Beetroot, Broccoli, Cabbage, Cape Gooseberry, Carrot, Cauliflower, Celery, Kale (Chou Moullier), Leeks, Lettuce, Mizuna, Okra, Onion, Peas, Radish, Rape, Rhubarb, Spinach, Strawberry. Grass: Bermuda/Cape Royal, Evergreen, Kikuyu, Shade Master, Wonderlawn.</p> |
| Eastern Cape and Little Karoo | <p>Flowers: Alyssum, Thunbergia, Californian Poppy, Gypsophila, Hollyhock, Impatiens, Marigold, Nasturtium, Nigella, Salvia, Statice, Sunflower, Verbena, Zinnia. Herbs: Marog, Basil, Borage, Catnip, Celery, Chamomile, Chervil, Chives, Coriander, Dill, Echinacea, Edible Flowers, Fennel, Garden Cress, Lavender, Lemon Balm, Marigold Mexican Mint, Oregano, Paprika, Parsley, Rocket, Wild Rocket, Rosemary, Tarragon, Sage, Salad Burnett, Savoury Summer, Tarragon, Thyme. Vegetables: Artichoke, Beans (Dwarf & Runner), Beetroot, Egg Fruit, Cape Gooseberry, Capsicum (Sweet Pepper & Chillies), Celery, Kale (Chou Moullier), Cucumber, Lettuce, Mizuna, Okra, Onion, Radish, Rape, Rhubarb, Spinach, Strawberry, Tomato.</p> |
| Western and Southern Cape | <p>Flowers: Alyssum, Aster, Californian Poppy, Carnation, Chrysanthemum, Cosmos, Flower Mixes, Gazania, Gypsophila, Hollyhock, Impatiens, Lobelia, Marigold, Nasturtium, Nigella, Penstemon, Petunia, Phlox, Portulaca, Protea, Salvia, Thunbergia, Antirrhinum, Statice, Sunflower, Verbena, Zinnia. Herbs: Marog, Basil, Borage, Catnip, Celery, Chamomile, Chervil, Chives, Coriander, Dill, Echinacea, Edible Flowers, Fennel, Garden Cress, Lavender, Lemon Balm, Marigold Mexican Mint, Oregano, Paprika, Parsley, Rocket, Wild Rocket, Rosemary, Tarragon, Sage, Salad Burnett, Savoury Summer, Tarragon, Thyme. Vegetables: Artichoke, Asparagus, Beans (Dwarf & Runner), Beetroot, Broccoli, Carrot, Cauliflower, Celery, Kale (Chou Moullier), Lettuce, Mizuna, Onion, Radish, Rape, Rhubarb, Spinach, Strawberry.</p> |
| KZN Coast | <p>Flowers: Alyssum, Thunbergia, Californian Poppy, Gypsophila, Hollyhock, Impatiens, Marigold, Nasturtium, Nigella, Salvia, Statice, Sunflower, Verbena, Zinnia. Herbs: Marog, Basil, Borage, Catnip, Celery, Chamomile, Chervil, Chives, Coriander, Dill, Echinacea, Edible Flowers, Fennel, Garden Cress, Lavender, Lemon Balm, Marigold Mexican Mint, Oregano, Paprika, Parsley, Rocket, Wild Rocket, Rosemary, Tarragon, Sage, Salad Burnett, Savoury Summer, Tarragon, Thyme. Vegetables: Artichoke, Beans (Dwarf & Runner), Beetroot, Egg Fruit, Cape Gooseberry, Capsicum (Sweet Pepper & Chillies), Celery, Kale (Chou Moullier), Cucumber, Lettuce, Mealies, Melons, Mizuna, Okra, Onion, Radish, Rape, Rhubarb, Spinach, Squash (Bush), Sweetcorn, Strawberry, Tomato, Watermelon.</p> |

Week 1

Feed your plants with a well-balanced fertiliser for steady growth. Keep an eye on pests and start using eco-friendly pesticides as a preventative measure.

Week 2

Water plants deeply to encourage strong roots and continue mulching to retain moisture. In cooler areas, check progress on your veggies and flowers and prepare for the next round of harvesting.

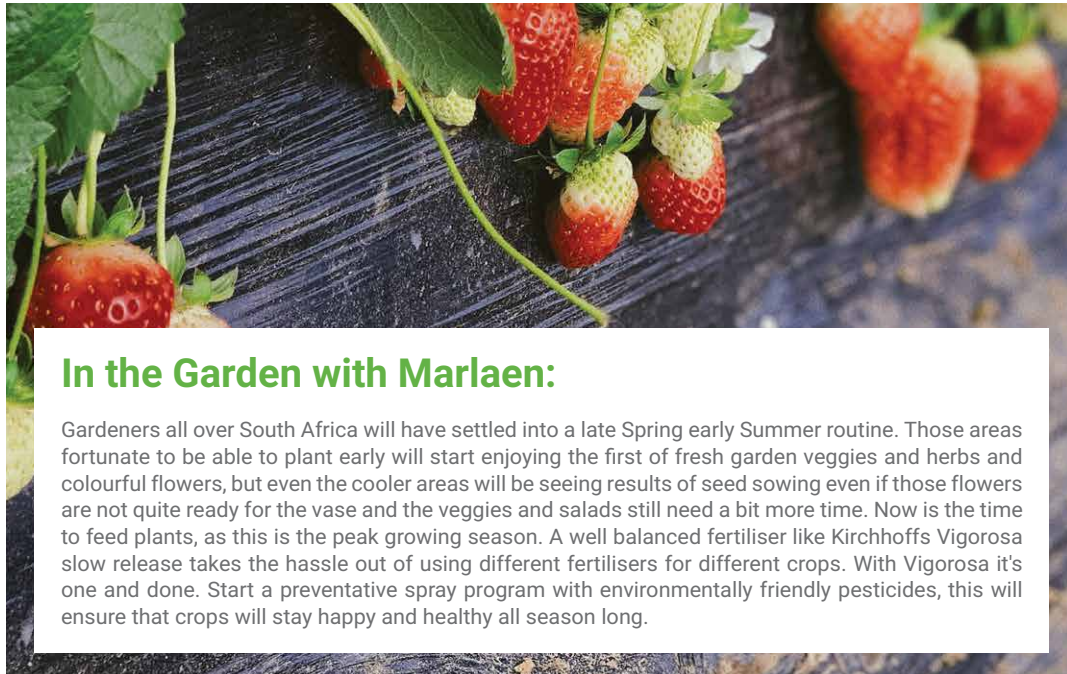
Week 3

Deadhead flowers to promote more blooms and ensure your garden is pest-free with regular spraying. Keep feeding plants as they grow rapidly in this peak season.

Week 4

Harvest early veggies and herbs in warmer areas. Start succession planting to ensure a continuous harvest, stay on top of weeding, and fertilise again.

Take Note



In the Garden with Marlaen:

Gardeners all over South Africa will have settled into a late Spring early Summer routine. Those areas fortunate to be able to plant early will start enjoying the first of fresh garden veggies and herbs and colourful flowers, but even the cooler areas will be seeing results of seed sowing even if those flowers are not quite ready for the vase and the veggies and salads still need a bit more time. Now is the time to feed plants, as this is the peak growing season. A well balanced fertiliser like Kirchhoffs Vigorosa slow release takes the hassle out of using different fertilisers for different crops. With Vigorosa it's one and done. Start a preventative spray program with environmentally friendly pesticides, this will ensure that crops will stay happy and healthy all season long.