

WESTERN CAPE - VEGETABLE SOWING GUIDE - Aubergine (A) to Zucchini (Z)

TYPE	WHEN TO SOW MONTH												SEED SOWING				
	J	F	M	A	M	J	J	A	S	O	N	D	Direct	Seedling	±DTG*		
Aubergine	x	x						x	x	x	x	x			xxx	14	
Bush/Green Beans	x	x						x	x	x	x	x			xxx	x	10
Beetroot	x	x	x					x	x	x	x	x			xxx		7
Broad Beans			x	x	x	x	x								xxx		14
Broccoli	x	x	x	x	x	x	x	x	x	x	x	x				xxx	10
Cabbage	x	x	x	x	x	x	x	x	x	x	x	x				xxx	10
Carrot	x	x	x	x	x	x	x	x	x	x	x	x			xxx		14
Cauliflower	x	x										x	x			xxx	10
Celery	x	x							x	x	x	x	x			xxx	10
Cucumber	x	x							x	x	x	x	x		xxx	x	7
Eggplant									x	x	x	x	x			xxx	14
Leek	x	x	x	x												xxx	14
Lettuce	x	x	x	x	x	x	x	x	x	x	x	x				xxx	14
Maize									x	x	x	x	x		xxx	x	10
Melons									x	x	x	x	x		xxx	x	7
Onion	x								x	x	x	x	x		x	xxx	14
Peas			x	x	x	x									xxx		10
Pepper	x	x							x	x	x	x	x			xxx	14
Pumpkin	x								x	x	x	x	x		xxx	x	7
Radish	x	x	x	x	x	x	x	x	x	x	x	x			xxx		7
Runner Beans	x	x							x	x	x	x	x		xxx		7
Spring Onion	x	x	x	x					x	x	x	x	x			xxx	10
Squash	x								x	x	x	x	x		xxx	x	7
Sweet corn	x								x	x	x	x	x		xxx	x	10
Spinach	x	x	x	x	x	x	x	x	x	x	x	x			xxx	x	10
Tomato	x	x	x	x	x	x	x	x	x	x	x	x				xxx	10
Turnip	x	x	x	x	x	x	x	x	x	x	x	x			x		10
Zucchini	x								x	x	x	x	x		xx	xx	7

SOWING GUIDE FOR SOME COMMON HERBS

TYPE	WHEN TO SOW MONTH												SEED SOWING				
	J	F	M	A	M	J	J	A	S	O	N	D	Direct	Seedling	±DTG*		
Basil	x	x	x						x	x	x	x	x			xxx	14
Coriander	x	x	x	x					x	x	x	x	x			xxx	14
Chives	x	x	x						x	x	x	x	x			xxx	10
Garlic Chives	x	x	x						x	x	x	x	x			xxx	10
Oreganum	x	x	x							x	x	x	x			xxx	7
Parsley	x	x	x	x	x					x	x	x	x	x		xxx	15
Rocket	x	x	x							x	x	x	x	x		xxx	10

HERB PURCHASE GUIDE

TYPE	WHEN TO PURCHASE MONTH											
	J	F	M	A	M	J	J	A	S	O	N	D
Bay Leaf/Tree	x	x	x	x	x	x	x	x	x	x	x	x
French Tarragon	x	x	x	x					x	x	x	x
French Thyme	x	x	x	x					x	x	x	x
Mint	x	x	x	x					x	x	x	x
Rosemary	x	x	x	x	x	x	x	x	x	x	x	x

Compiled by Peter Kruger
 * DTG = Days to Germinate

FAMILIES OF THE COMMON VEGETABLES



Chenopodiaceae – Beetroot Family

- Beetroot
- Spinach
- Swiss Chard

Umbeliferae – Carrot Family

- Carrot
- Celery
- Fennel
- Parsley
- Parsnip



Solanaceae – Potato Family

- Potato
- Tomato
- Pepper
- Aubergine (Egg plant)

Alliaceae – Onion Family

- Onion
- Leek
- Garlic
- Shallot
- Spring Onion



Cruciferae (Brassicae) – Cabbage Family

- Broccoli
- Cabbage – also Chinese Cabbage
- Brussel Sprouts
- Cauliflower
- Kohlrabi
- Radish
- Turnip
- Oriental (Asian) Brassicas

Leguminosae (Fabaceae) – Pea/Bean Family

- Beans
- Peas
- Broad Bean
- Runner Bean



Cucurbitaceae – Marrow/Pumpkin Family

- Cucumber
- Courgette (Baby Marrow)
- Butternut Squash
- Pumpkin
- Marrow
- Melon

Compositae (Asteraceae) – Daisy or Aster Family

- Lettuce
- Chicory
- Endive



CROP ROTATION What is it?

- Growing the same crops in the same soil season after season you will get a build up of pests and diseases specific to that crop.
- Different crops take different levels of nutrients from the soil and inevitably the nutrients become unbalanced.
- Even the addition of fertilizers may not help as it is often the micro- or trace elements that have become depleted.
- Soil borne diseases also accumulate in the soil with repeated same crops in the same soil.
- Where possible, keep plants of the same family together as their requirements will be similar.
- Keep records of what you put where and use these to plan for the next season.

An example of a crop rotation

