

General sowing guide for vegetables in South Africa

Denotes planting months

| Vegetable types            | Jul | Au | S | O | N | D | J | F | M | A | M | J | Highveld region | Seed-bed |         | Sowing | Spacing |              | Maturity (days) | Harvesting time (days) | Nutritional value                           |
|----------------------------|-----|----|---|---|---|---|---|---|---|---|---|---|-----------------|----------|---------|--------|---------|--------------|-----------------|------------------------|---|
|                            |     |    |   |   |   |   |   |   |   |   |   |   |                 | Seed-bed | Direct  | depth  | In row  | Between rows |                 |                        |   |
| Garden Peas                |     |    |   |   |   |   |   |   |   |   |   |   | Jul-Sep         |          | 120-220 | 30-70  | 57      | 30-45        | 60 - 120        | 10 - 20                | Iron, Thiamin, Folic acid, Fibre            |
| Artichoke Violetto Precoce |     |    |   |   |   |   |   |   |   |   |   |   | Aug             |          | 80      |        |         |              |                 |                        |   |
| Asparagus Argenteuil       |     |    |   |   |   |   |   |   |   |   |   |   | Aug             |          |         |        |         |              |                 |                        |   |
| Beetroot                   |     |    |   |   |   |   |   |   |   |   |   |   | Aug-Mar         |          | 6-8     | 20     | 7       | 20-40        | 55 - 60         | 30                     | Vit A, Vit C, Fibre, Some Iron              |
| Cabbage                    |     |    |   |   |   |   |   |   |   |   |   |   | Aug-Sep         | 250      | 2-3     | 20     | 35-50   | 50-70        | 70 - 160        | 35                     | Vit C, Calcium, Fibre                       |
| Carrot                     |     |    |   |   |   |   |   |   |   |   |   |   | Aug-Feb         |          | 2.5-3.5 | 10     | 5       | 30-40        | 70 - 120        | 90 - 120               | Vit A                                       |
| Carrots Pariser round      |     |    |   |   |   |   |   |   |   |   |   |   |                 |          | 5       |        | 5       | 8-10         | 84-98           |                        | accommodate very clay soil                  |
| Lettuce, head              |     |    |   |   |   |   |   |   |   |   |   |   | Aug-Sep         | 400      | 1.5-3   | 10     | 30      | 40-60        | 65 - 90         | 21                     | Potassium, Fibre, Folic acid                |
| Lettuce, leaf              |     |    |   |   |   |   |   |   |   |   |   |   | Aug-Sep         | 400      | 1.5-3   | 10     | 30      | 40-60        | 65 - 90         | 21                     | Potassium, Fibre, Folic acid                |
| Onion (pickling)           |     |    |   |   |   |   |   |   |   |   |   |   | Aug-Sep         |          | 30-50   | 10-20  |         |              | 3 m             |                        |   |
| Parsnip                    |     |    |   |   |   |   |   |   |   |   |   |   | Aug-Oct         |          | 3-4     | 10     | 15      | 50           | 7 m             | 10                     |   |
| Radish                     |     |    |   |   |   |   |   |   |   |   |   |   | Aug-Nov         |          | 4       | 20     | 5       | 30           | 25 - 35         | 21 - 30                |   |
| Swiss chard                |     |    |   |   |   |   |   |   |   |   |   |   | Aug-Sep         |          | 7       | 20     | 20-30   | 60-90        | 20 - 30         | 4 - 5m                 |   |
| Spinach                    |     |    |   |   |   |   |   |   |   |   |   |   | Aug-Apr         |          | 8       | 20     | 20      | 50-60        | 4 - 5m          | 4 - 5 m                |   |
| Turnip                     |     |    |   |   |   |   |   |   |   |   |   |   | Aug-Sep         | 2000     | 3-4     | 10     | 8       | 50           | 60 - 100        | 30                     |   |
| Beans (Runner)             |     |    |   |   |   |   |   |   |   |   |   |   | Sep-Dec         |          | 50      | 40     | 10      | 90-120       | 65 - 85         | 10 - 20                | Vit C, Fibre                                |
| Beans (Bush)               |     |    |   |   |   |   |   |   |   |   |   |   | Sep-Jan         |          | 80-120  | 40     | 5       | 50           | 60 - 80         | 10 - 20                | Vit C, Fibre                                |
| Celery                     |     |    |   |   |   |   |   |   |   |   |   |   | Sep-Nov         | 500      |         | 10     | 30      | 60-90        | 80 - 90         | 10                     | Small mineral content, Fibre                |
| Eggfruit                   |     |    |   |   |   |   |   |   |   |   |   |   | Sep-Oct         | 350      | 2       | 20-30  | 50      | 100-150      | 70 - 90         | 30                     | Small amount of most Minerals and vitamins. |
| Okra                       |     |    |   |   |   |   |   |   |   |   |   |   | Sept/Oct        |          | 8-10    | 2-2.5  | 45      | 75           | 85-95           | 5-6m                   |   |
| Parsley                    |     |    |   |   |   |   |   |   |   |   |   |   | Sep-Oct         |          | 3       | 10     | 10-12   | 30           | 70 - 90         | 2 - 5 m                |   |
| Peppers (Sweet)            |     |    |   |   |   |   |   |   |   |   |   |   | Sep-Oct         | 300      |         | 10-30  | 40-60   | 90-100       | 65 - 95         | 45                     | Vit C, Vit A, Fibre                         |
| Peppers (Hot)              |     |    |   |   |   |   |   |   |   |   |   |   | Sept/Oct        |          |         | 10-30  | 30-40   | 200          | 65 - 95         | 90                     |   |
| Squash (Butternut)         |     |    |   |   |   |   |   |   |   |   |   |   | Sep-Nov         |          | 2-3     | 20-50  | 60      | 120-180      | 85 - 90         | 21                     |   |
| Cucumber                   |     |    |   |   |   |   |   |   |   |   |   |   | Oct-Dec         |          | 2       | 20-40  | 50-70   | 120-150      | 55 - 70         | 30 - 60                | Low energy, High water content              |
| Pumpkin                    |     |    |   |   |   |   |   |   |   |   |   |   | Oct-Dec         |          | 2.5-3.5 | 20-50  | 90      | 200-270      | 110 - 170       | 30 - 40                | Vit A, Fibre                                |
| Squash (Baby)              |     |    |   |   |   |   |   |   |   |   |   |   | Oct-Nov         |          | 3-4     | 20-50  | 90      | 120          | 50              | 60                     | Low energy, High water content              |
| Sweet melon                |     |    |   |   |   |   |   |   |   |   |   |   | Oct-Nov         |          | 1-2     | 20-40  | 20-30   | 120-150      | 80 - 120        | 28 - 56                | Vit C, Vit A, Fibre, Some Iron              |
| Tomato (Processing)        |     |    |   |   |   |   |   |   |   |   |   |   | Oct-Nov         | 180      | 500     | 20-30  | 40-50   | 140-200      | 90 - 120        | 14 - 28                | Vit C, Vit A, Fibre                         |
| Tomato (Fresh market)      |     |    |   |   |   |   |   |   |   |   |   |   | Oct-Nov         | 180      | 500     | 20-30  | 40-50   | 140-200      | 80 - 120        | 60                     | Vit C, Vit A, Fibre                         |
| Watermelon                 |     |    |   |   |   |   |   |   |   |   |   |   | Oct-Nov         |          | 2-3     | 50     | 90      | 180-240      | 80 - 90         | 20 - 30                | Vit A, Some Vit C                           |
| Cauliflower (early)        |     |    |   |   |   |   |   |   |   |   |   |   | Nov-Dec         | 250      | 2-3     | 10     | 45      | 60-100       | 70 - 145        | 21                     | Vit C, Folic acid, Fibre                    |
| Broccoli                   |     |    |   |   |   |   |   |   |   |   |   |   | Dec-Feb         | 250      | 2-3     | 20     | 45      | 60           | 65 - 120        | 14                     | Vit A, Vit C, Calcium, Fibre                |
| Cauliflower (Main crop)    |     |    |   |   |   |   |   |   |   |   |   |   | Dec-Feb         | 250      | 2.3     | 10     | 45      | 60-100       | 71 - 145        | 22                     | Vit C, Folic acid, Fibre                    |
| Brussels sprouts           |     |    |   |   |   |   |   |   |   |   |   |   | Jan-Feb         | 250      |         | 10     | 50      | 90           | 120 - 150       | 14 - 20                | Vit C, Folic acid, Fibre                    |
| Kohlrabi                   |     |    |   |   |   |   |   |   |   |   |   |   | Jan-Mar         | 250      | 4       | 10     | 30      | 50           | 60 - 100        | 30                     |   |

|                   |  |  |  |  |  |  |  |  |  |  |  |         |      |       |       |       |       |           |         |   |
|-------------------|--|--|--|--|--|--|--|--|--|--|--|---------|------|-------|-------|-------|-------|-----------|---------|---|
| Leek              |  |  |  |  |  |  |  |  |  |  |  | Jan-Mar |      | 6     | 10    | 10    | 50    | 130 - 150 | 14      |   |
| Lettuce, cos      |  |  |  |  |  |  |  |  |  |  |  | Jan-Feb | 400  | 1.5-3 | 10    | 30    | 40-60 | 65 - 90   | 21      | Potassium, Fibre, Folic acid                  |
| Lettuce, head     |  |  |  |  |  |  |  |  |  |  |  | Jan-Feb | 400  | 1.5-3 | 10    | 30    | 40-60 | 65 - 90   | 21      | Potassium, Fibre, Folic acid                  |
| Lettuce, leaf     |  |  |  |  |  |  |  |  |  |  |  | Jan-Feb | 400  | 1.5-3 | 10    | 30    | 40-60 | 65 - 90   | 21      | Potassium, Fibre, Folic acid                  |
| Parsnip           |  |  |  |  |  |  |  |  |  |  |  | Jan-Mar |      | 3-4   | 10    | 15    | 50    | 7 m       | 10      |   |
| Turnip            |  |  |  |  |  |  |  |  |  |  |  | Jan-Apr | 2000 | 3-4   | 10    | 8     | 50    | 60 - 100  | 30      |   |
| Swiss chard       |  |  |  |  |  |  |  |  |  |  |  | Jan-Mar |      | 7     | 20    | 20-30 | 60-90 | 20 - 30   | 4 - 5m  |   |
|                   |  |  |  |  |  |  |  |  |  |  |  |         |      |       |       |       |       |           |         |   |
| Cabbage (Chinese) |  |  |  |  |  |  |  |  |  |  |  | Feb-Mar | 250  |       | 10    | 45-60 | 90    | 70 - 165  | 35      |   |
| Onion             |  |  |  |  |  |  |  |  |  |  |  | Feb-Mar | 3500 | 7     | 10-20 | 7     | 30-45 | 6 - 8 m   | -       | Small amount of vitamins and minerals, Sugars |
| Parsley           |  |  |  |  |  |  |  |  |  |  |  | Feb-Apr |      | 3     | 10    | 10-12 | 30    | 70 - 90   | 2 - 5 m |   |
| Radish            |  |  |  |  |  |  |  |  |  |  |  | Feb-Apr |      | 4     | 20    | 5     | 30    | 25 - 35   | 21 - 30 |   |
| Spring onion      |  |  |  |  |  |  |  |  |  |  |  | Feb-Mar | 3000 |       | 50    | 20    | 50    |           |         |   |
|                   |  |  |  |  |  |  |  |  |  |  |  |         |      |       |       |       |       |           |         |   |
| Beans (Broad)     |  |  |  |  |  |  |  |  |  |  |  | Mar-May |      | 80    | 50    | 20-30 | 90    | 60 - 80   | 10 - 20 | Vit C, Fibre                                  |