

# Southern Hemisphere Sowing Guide - 2024

## January (Mid-Summer)

The amount of growth during one day in January is equivalent to two in February, four in March and so forth. Make new sowings and plantings at the earliest opportunity.

There is still time to sow Savoy cabbage, kale and beetroot, plus carrots for small roots.

Harvest potatoes and then transplant leeks or brassicas, including kale and broccoli. In rainy weather, check for late blight on potatoes and harvest as soon as you see any damage.



*Mid-summer has a mix of older and newer plantings*

### Sowings

The timings given are for sowing seeds, not transplanting plants.

|       |  |
|-------|--|
| Early | <ul style="list-style-type: none"> <li>• Beetroot, carrots</li> <li>• Lettuce, kale, kalettes (final), chard, chicory, frizzy and scarole endive, Kaibroc/brokali,</li> <li>• Parsley, coriander, dill</li> </ul>  |
| Mid   | <ul style="list-style-type: none"> <li>• Kohlrabi</li> <li>• Dianthus, wallflower for spring blooms</li> <li>• Lettuce, kale (final), chard, chicory (final for radicchio), endive, Kaibroc/brokali (final)</li> </ul>   |
| Late  | <ul style="list-style-type: none"> <li>• Kohlrabi, Florence fennel, winter radish</li> <li>• Dianthus, wallflower for spring blooms</li> <li>• Lettuce, chard, endive, land cress</li> <li>• Coriander, dill, chervil</li> <li>• Winter radish, Chinese cabbage</li> </ul> |

**New moon 11<sup>th</sup> / Full moon – 25<sup>th</sup>**

## February

(Late Summer)

Spinach sown before 20th can give up to seven months of harvests. If short of space, you can transplant or sow it under outdoor cordon tomatoes.

Transplant Florence fennel among ridge cucumbers as space appears from their leaves fading with mildew.

Coriander sown in February can survive winter in sheltered spots.

In late February, sow salads for winter harvests outside, and spring onions plus spring cabbage to overwinter as small plants.



*Vegetable harvests towards the end of a fine summer*

### Sowings

The timings given are for sowing seeds, not transplanting plants.

\* = for growing under cover

|       |   |
|-------|---|
| Early | <ul style="list-style-type: none"> <li>● Dianthus, wallflower for spring blooms</li> <li>● Endive, Chinese cabbage, land cress, spinach, salad rocket, pak choi, tatsoi, mustards</li> <li>● Coriander, dill, chervil</li> <li>● Winter radish, turnip</li> </ul>                             |
| Mid   | <ul style="list-style-type: none"> <li>● Spinach, salad rocket, pak choi, tatsoi, mustards, Claytonia, spring cabbage and spring cauliflower in cooler regions</li> <li>● Coriander, dill, chervil</li> <li>● Winter radish, turnip</li> </ul>  |
| Late  | <ul style="list-style-type: none"> <li>● Spinach, salad rocket, mustards, Claytonia, spring cabbage, spring cauliflower, spring onions, spring lettuce, kale*, chard*, coriander, dill, chervil</li> <li>● Small red radish for autumn</li> <li>● Corn salad, coriander*, chervil*</li> </ul> |

**New moon 9<sup>th</sup> / Full moon – 24<sup>th</sup>**

## March (Early Autumn)

Before mid-month is a top time to sow salad plants for winter harvests under cover, especially lettuce, endive, chard and kale. Sow brassica salads and Claytonia as late as the equinox.

Multisow three seeds per module and thin to two plants for rocket, mustards, spinach and Claytonia. Or sow in trays to prick out – lettuce and endive, for example.

Plant garlic outside after the equinox. Pop in cloves from your best bulbs, or from store-bought, organic garlic. Then spread a little compost on top.

*Early autumn is when vegetable gardens can*



*be most abundant, with plantings of every month*

### **Sowings**

The timings given are for sowing seeds, not transplanting plants.

Through this month, white mustard as cover crop / green manure on any spaces not needed for food plantings.

Phacelia until mid-month, as a cover crop to be killed by frost, anywhere you have finished cropping, even undersow.

\* = for growing under cover

|       |   |
|-------|---|
| Early | <ul style="list-style-type: none"> <li>● Lettuce*, endive frizzy and scarole*, spinach*, kale*, salad rocket*, mustards*, land cress*, Claytonia, corn salad, mizuna, wild rocket for early spring, coriander*, chervil*</li> </ul>     |
| Mid   | <ul style="list-style-type: none"> <li>● Florence fennel* for bulbs late winter</li> <li>● Lettuce*, endive*, spinach*, kale*, salad rocket*, mustards*, land cress*, Claytonia*, mizuna*, corn salad*, coriander*, chervil*</li> </ul> |
| Late  | <ul style="list-style-type: none"> <li>● Garlic</li> </ul>  |

**New moon 10<sup>th</sup> / Full moon – 25<sup>th</sup>**

**Autumn Equinox 20<sup>th</sup>**

**April**  
(Mid-Autumn)

Autumn is time to start feeding soil life for the year ahead as space becomes clear, and after clearing weeds. Spread 2–3 cm/1 in or so, of compost of any kind – it can even be lumpy.

You can spread the annual dose of compost under tall plants like broccoli and Brussels sprouts.

Sow white mustard *Synapis alba* in any empty beds. It grows fast and converts autumn sunlight to organic matter, increasing carbon in soil. Or sow broad and field beans which, like mustard, are killed by winter frosts.



*The tenth year of no dig in this garden, mid-autumn*

**Sowings**

The timings given are for sowing seeds, not transplanting plants.

Until about 25th, sow field and broad beans as cover crops; will be killed by frost.

|       |   |
|-------|---|
| Early | <ul style="list-style-type: none"> <li>● Garlic now and until Christmas – earlier plantings grow larger by next summer</li> <li>● Last sowings of white mustard for cover crop</li> </ul> |
| Mid   | <ul style="list-style-type: none"> <li>● Garlic</li> </ul>  |
| Late  | <ul style="list-style-type: none"> <li>● Garlic</li> </ul>  |

**New moon – 8<sup>th</sup> / Full moon 23<sup>rd</sup>**

**May**  
(Late Autumn)

A possible sowing, for harvests in early summer is broad beans, Aquadulce Claudia. Either sow in early May, direct outside, or, if your expected winter temperatures are below – 8 °C/18 °F, wait to sow in very early spring, under cover.

Set a few salad transplants in shallow boxes, to grow on your propagation staging. They will give some most welcome leaves during any milder spells of winter.

Continue spreading compost on beds where there are spaces after harvests.



*After a mild autumn – most beds are still growing vegetables*

**Sowings**

The timings given are for sowing seeds, not transplanting plants.

|       |   |
|-------|---|
| Early | <ul style="list-style-type: none"> <li>● Broad beans</li> </ul>   |
| Mid   | <ul style="list-style-type: none"> <li>● Broad beans for harvests in early summer (or sow in June to transplant in July)</li> </ul> |
| Late  |   |

**New moon – 8<sup>th</sup> / Full moon 23<sup>rd</sup>**

**June**  
(Early Winter)

There is no need to sieve compost before spreading it on beds. Spread 2–3 cm/1 in of woody wastes on paths, with no need for cardboard unless the weeds are really thick.

No dig soil stays calm and less weedy in the year ahead. It's ready for new seeds and plants whenever the season is right. Compost on top makes the surface darker, and quick to warm up.



*A frosty view with many beds now cleared and mulched with compost, the paths with woodchip*

No sowings

**New moon – 6<sup>th</sup>/ Full moon 22<sup>nd</sup>**

**Winter Solstice 20<sup>th</sup>**

**July**  
(Mid-Winter)

Even in frosty weather, you can cover weedy ground to create new beds and paths. No dig beds can be created at any time of year.

If weeds are thick, cover with cardboard and then lay compost on top of it. Or spread the compost on weeds, then cover with polythene.

The annual mulch or cover on existing beds is 2.5 cm/1 in of compost, if you have not done this already. Apply the same depth of woody material on top of your paths.

Ignore any seed packet advice to sow during mid-winter!



*Frosty weather is fine for laying cardboard on top of weeds, as the base of a new bed*

No sowings

**New moon – 5<sup>th</sup> / Full moon – 21<sup>st</sup>**

## August

(Late Winter)

From mid-month, garden love and daylight increase rapidly! In mild areas you can make first sowings under cover. Or wait a little. Later sowings often catch up.

Seeds need higher temperatures to germinate than to grow. It pays to keep newly sown trays in the warmth of your house for the first five to seven days.

If it turns out to be much colder than usual, don't worry about it. Just delay sowings until the weather is less cold.



*Beds are mulched with compost, weed-free and ready for spring – this is late winter*

### **Sowings**

The timings given are for sowing seeds, not transplanting plants.

| Timing | Plants to Sow   |
|--------|---|
| Early  |   |
| Mid    | <ul style="list-style-type: none"><li>• Spring onion, lettuce, spinach, early cabbage, calabrese, cauliflower, peas for shoots, asparagus, coriander, parsley</li><li>• Broad beans, globe artichoke</li><li>• Onion, garlic, radish, kohlrabi, turnip, Florence fennel</li></ul>   |
| Late   | <ul style="list-style-type: none"><li>• Spring onion, lettuce, spinach, early cabbage, calabrese, cauliflower, peas for shoots, asparagus, celery* (or outside in milder regions), coriander, parsley</li><li>• Broad beans, globe artichoke</li><li>• Onion, garlic, radish, kohlrabi, turnip, Florence fennel, beetroot</li></ul> |

**New moon – 4<sup>th</sup> / Full moon – 19<sup>th</sup>**

## September

(Early Spring)

Raising transplants, rather than sowing direct, gives earlier harvests, fuller beds, and more chances for succession plantings through summer. Through September you can make many sowings, mostly under cover.

There is often time for ‘weed strikes’ before transplanting. Lightly pass a hoe or rake through surface compost. This disturbs tiny weed seedlings and results in fewer weeds all summer.

There is no rush to sow tomatoes, and the end of September is good. For outdoor tomatoes, sow in early October.



*The three-strip trial area in early spring – the beds are full except for potatoes to plant the following month*

### Sowings

The timings given are for sowing seeds, not transplanting plants.

\* = for growing under cover

|       |   |
|-------|---|
| Early | <ul style="list-style-type: none"> <li>● Spring onion, lettuce, spinach, early cabbage, calabrese, cauliflower, peas for shoots, asparagus, coriander, parsley, dill</li> <li>● Broad beans, globe artichoke, peas for pods, aubergine, pepper, chilli, tomato*</li> </ul>  |
| Mid   | <ul style="list-style-type: none"> <li>● Spring onion, lettuce, spinach, early cabbage, calabrese, cauliflower, peas for shoots, asparagus, celery, coriander, parsley, dill</li> <li>● Broad beans, globe artichoke, peas for pods, aubergine, pepper, chilli, tomato*</li> <li>● Onion, onion sets, garlic, radish, kohlrabi, turnip, Florence fennel, beetroot, celeriac, potato first early, parsnip, carrot, Jerusalem artichoke</li> <li>● Dwarf French marigolds*, cornflowers, antirrhinum</li> </ul> |
| Late  | <ul style="list-style-type: none"> <li>● Broad beans, globe artichoke, peas for pods, aubergine, pepper, chilli, tomato*</li> <li>● Onion, onion sets, radish, turnip, beetroot, celeriac, potato first early, parsnip, carrot, Jerusalem artichoke</li> <li>● Dwarf French marigolds*, cornflowers, antirrhinum</li> <li>● Spring onion, lettuce, early cabbage, calabrese, cauliflower, peas for shoots, celery, leeks, coriander, parsley, dill</li> <li>● Melon</li> </ul>                                |

**New moon – 3<sup>rd</sup> / Full moon – 18<sup>th</sup>**

**Spring Equinox 22<sup>nd</sup>**

## October (Mid-Spring)

Keep the garden tidy, including its surroundings. This reduces slug habitat, for better success with new sowings and plantings.

Plant first early potatoes straight away, second earlies and maincrops around mid-month.

Cucumber and melon seedlings need to be warm, plus keep their roots a little dry to prevent damping off. Wait until November before sowing summer beans and setting tender plants outside.



*Mid-spring – the two trial beds five weeks after planting, with the dig bed on the left and no dig on the right*

### Sowings

The timings given are for sowing seeds, not transplanting plants.

\* = for growing under cover

|       |  |
|-------|--|
| Early | <ul style="list-style-type: none"> <li>● Melons, broad beans, globe artichoke, peas for pods, tomato* or outside</li> <li>● Onion, onion sets, radish, turnip, beetroot, celeriac, potato first and second early, parsnip, carrot, Jerusalem artichoke</li> <li>● Dwarf French marigolds, cornflower, antirrhinum, zinnia, sunflower, dahlia</li> <li>● Spring onion, lettuce, peas for shoots, celery, leeks, parsley, basil</li> </ul>   |
| Mid   | <ul style="list-style-type: none"> <li>● Broad beans, globe artichoke, peas for pods, tomato to grow outside</li> <li>● Courgette, squash, pumpkin, sweetcorn, cucumber*</li> <li>● Onion (final), onion sets, radish, beetroot, celeriac (final), potato, parsnip, carrot, Jerusalem artichoke</li> <li>● Dwarf French marigolds, cornflower, antirrhinum, zinnia, sunflower, dahlia, rudbeckia, nasturtium</li> <li>● Spring onion, lettuce, peas for shoots, celery, leeks, chard, leaf beet, parsley, basil</li> </ul> |
| Late  | <ul style="list-style-type: none"> <li>● Radish, beetroot, potato, parsnip, carrot, Jerusalem artichoke</li> <li>● Dwarf French marigolds, cornflower, antirrhinum, zinnia, sunflower, dahlia, rudbeckia, nasturtium</li> <li>● Spring onion, lettuce, peas for shoots, celery, leeks, chard, leaf beet, parsley, basil</li> <li>● Peas for pods, courgette, squash, pumpkin, sweetcorn, cucumber*</li> </ul>  |

**New moon – 2<sup>nd</sup> / Full moon – 17<sup>th</sup>**

## November

(Late Spring)

From now on, it's common to run out of space in beds. Pop seedlings from modular cells into small pots to keep them growing until space is ready. Or check the possibilities for interplanting.

Transplant nothing frost-tender until about a week after your average last frost date.

Best results continue to come from raising seedlings under cover, to avoid damage from cold conditions, and pests.

|  |  |   |
|--|--|---|
| <i>By early summer, we can see the growth that accelerated in late spring as days lengthened</i> | <b>Sowings</b><br>The timings given are for sowing seeds, not transplanting plants.<br><br>* = for growing under cover |   |
|  | Early  | <ul style="list-style-type: none"><li>● Radish, beetroot, potato, parsnip, carrot, swede</li><li>● Dwarf French marigold, cornflower, antirrhinum, zinnia, sunflower, dahlia, rudbeckia, nasturtium</li><li>● Spring onion, lettuce, celery, leeks, autumn cabbage, Brussels sprouts, kale, parsley, basil</li><li>● Courgette, squash, pumpkin, sweetcorn, cucumber* or outside, French and runner beans</li></ul> |
|  | Mid  | <ul style="list-style-type: none"><li>● Dwarf French marigold, cornflower, antirrhinum, zinnia, sunflower, dahlia, rudbeckia, nasturtium</li><li>● Spring onion, lettuce, celery, autumn cabbage, Brussels sprouts, kale, kalettes, parsley, basil</li><li>● Courgette, squash, pumpkin, sweetcorn, cucumber, French and runner beans</li><li>● Beetroot, parsnip, swede</li></ul>                                  |
|  | Late   | <ul style="list-style-type: none"><li>● Dwarf French marigolds, cornflower, antirrhinum, zinnia, sunflower, dahlia, rudbeckia, nasturtium</li><li>● Spring onion, lettuce, celery, autumn cabbage, Brussels sprouts, kale, kalettes, parsley, basil</li><li>● Courgette, squash, pumpkin, sweetcorn, cucumber, French and runner beans</li><li>● Beetroot, parsnip, swede (final), carrots</li></ul>                |
|  | <b>New moon – 1st / Full moon – 15th</b>   |   |

## December

(Early Summer)

Sow and multisow winter vegetables in modules, so that seedlings start while early harvests finish growing. This adds valuable weeks to the growing season.

Intersow carrots between lettuce, and transplant brassicas between carrots and onions. Leeks can go in straight after early potato harvests.

Harvest softneck garlic and overwintered onions before the tops go yellow.

From now on, spaces appear frequently as harvests gather pace.



*Watering and planting, with new cabbages on the right which followed spinach, and tall sugar peas behind*

**Sowings**

The timings given are for sowing seeds, not transplanting plants.

|       |   |
|-------|---|
| Early | <ul style="list-style-type: none"><li>● Spring onion, lettuce, celery (final), autumn cabbage, kale, kalettes, parsley, basil, coriander, dill</li><li>● Courgette, squash (final for winter types), pumpkin (final), sweetcorn (final), cucumber (final), French and runner beans</li><li>● Beetroot, swede, carrots</li><li>● Sunflower (final), nasturtium</li></ul> |
| Mid   | <ul style="list-style-type: none"><li>● Spring onion, lettuce, kale, kalettes, chicory, frizzy endive, purple sprouting broccoli, autumn calabrese and cauliflower (inc. Romanesco), Savoy cabbage, parsley, basil, coriander, dill</li><li>● French and runner beans</li><li>● Beetroot, carrots</li></ul>   |
| Late  | <ul style="list-style-type: none"><li>● Dwarf French beans</li><li>● Beetroot, carrots</li><li>● Spring onion, lettuce, kale, chard, chicory, frizzy endive, Savoy cabbage (final), parsley</li></ul>   |

**New moon – 1<sup>st</sup> / Full moon – 15<sup>th</sup> / New (blue) moon – 30<sup>th</sup>**

**Summer solstice 21<sup>st</sup>**