

Permaculture Southern Highlands Seed Planting Guide

Season - Spring

Vegetables

* Propagate under glass

September	October	November
Amaranth	Amaranth	Amaranth
Artichoke	Artichoke	Artichoke
Asparagus	Asparagus	Asparagus
Beetroot	Beans	Beans
Broccoli	Beetroot	Beetroot
Buckwheat	Broccoli	Broccoli
Cabbage	Brussels Sprouts	Brussels Sprouts
Chinese Cabbage	Buckwheat	Buckwheat
Capsicum*	Cabbage	Cabbage
Carrot	Capsicum*	Capsicum*
Cape Gooseberry	Carrot	Carrot
Celery	Cape Gooseberry	Cape Gooseberry
Chia	Celery	Cauliflower
Collards	Chia	Celery
Corn Salad	Collards	Chia
Cress	Corn Salad	Collards
Endive	Corn*	Corn Salad
Kale	Cress	Corn*
Kohlrabi	Cucumber*	Cress
Leek	Eggplant*	Cucumber*
Lettuce	Endive	Eggplant*
Millet	Kale	Endive
Mizuna	Leek	Kale
Mustard	Lettuce	Leek
Onion (Early)	Millet	Lettuce
Onion spring (Shallots)	Mizuna	Millet
Parsnip	Mustard	Mizuna
Peas	Okra	Mustard
Potatoes	Onion spring (Shallots)	Okra
Quinoa Linares	Parsnip	Onion spring (Shallots)
Radish	Peas	Parsnip
Salsify	Potatoes	Potatoes
Shallots	Quinoa Linares	Quinoa Linares
Silver beet	Radish	Radish
Spinach (New Zealand)	Salsify	Salsify
Spinach (mtn – Red orach)	Shallots	Shallots
Spinach (English)	Silver beet	Silver beet
Sunflower	Spinach (New Zealand)	Spinach (New Zealand)
Swede	Spinach (mtn – Red orach)	Spinach (mtn – Red orach)

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September	October	November
Turnip	Spinach (English) Sunflower Swede Tomato* Turnip Watermelon* Zucchini & Gourds*	Spinach (English) Sunflower Swede Tomato* Turnip Watermelon Zucchini & Gourds*

Chinese Vegetables

September	October	November
Bok Choy Chinese Kale Choy Sum Paak Tsoi Swatow Broccoli	Bok Choy Choy Sum Paak Tsoi Swatow Broccoli	Bok Choy Choy Sum Paak Tsoi Swatow Broccoli

Flowers

September	October	November
Aster Balsam Carnations Coreopsis (Sunburst) Cosmos Gerbera Helichrysum (Strawflower) Honesty Impatiens Love in a Mist Lupin Marigold Petunia Red Salvia (Red rocket) Snap Dragon Sweet Pea	Aster Balsam Californian Poppies Carnations Coreopsis (Sunburst) Cosmos Gerbera Helichrysum (Strawflower) Impatiens Love in a Mist Lupin Marigold Petunia Red Salvia (Red rocket) Snap Dragon Sweet Pea	Aster Balsam Californian Poppies Coreopsis (Sunburst) Cosmos Gerbera Helichrysum (Strawflower) Lupin Marigold Petunia Red Salvia (Red rocket) Snap Dragon

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Herbs

September	October	November
Anise	Anise	Anise
Basil (Bush)	Basil (Bush)	Basil (Bush)
Basil (Sweet)	Basil (Sweet)	Basil (Sweet)
Borage	Borage	Borage
Borage	Borage	Borage
Burnet (Salad)	Burnet (Salad)	Burnet (Salad)
Calendula	Calendula	Calendula
Caraway	Caraway	Caraway
Catnip	Catnip	Catnip
Chamomile	Chamomile	Chamomile
Chervil	Chervil	Chervil
Chicory	Chicory	Chicory
Chives	Chives	Chives
Coriander	Chrysanthemum (Edible)	Chrysanthemum (Edible)
Cress	Coriander	Coriander
Cumin	Cress	Cress
Dandelion (European)	Cumin	Cumin
Dill	Dandelion (European)	Dandelion (European)
Echinacea	Dill	Dill
Evening Primrose	Echinacea	Echinacea
Fennel	Evening Primrose	Evening Primrose
Fenugreek	Fennel	Fennel
Herb Robert	Fenugreek	Fenugreek
Hyssop	Herb Robert	Herb Robert
Lavender	Hyssop	Hyssop
Lemon Balm	Lavender	Lavender
Lovage	Lemon Balm	Lemon Balm
Marigolds	Lovage	Lovage
Marjoram	Marigolds	Marigolds
Motherwort	Marjoram	Marjoram
Mugwort	Motherwort	Motherwort
Nasturtium	Mugwort	Mugwort
Oregano	Nasturtium	Nasturtium
Parsley	Oregano	Oregano
Pennyroyal	Parsley	Parsley
Peppermint	Pennyroyal	Pennyroyal
Purslane	Peppermint	Peppermint
Pyrethrum	Purslane	Purslane
Rocket	Pyrethrum	Pyrethrum
Rue	Rocket	Rocket
Sage	Rue	Rue
Savory (Summer)	Sage	Sage

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September	October	November
Savory (Winter) Shepherd's Purse Sorrel (French) Tansy Thyme Valerian Verbascum (Triggy Mullien)	Savory (Summer) Savory (Winter) Shepherd's Purse Sorrel (French) Tansy Thyme Valerian Verbascum (Triggy Mullein)	Savory (Summer) Savory (Winter) Shepherd's Purse Sorrel (French) Tansy Thyme Valerian Verbascum (Triggy Mullein)

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Season - Summer

Vegetables

December	January	February
Amaranth	Amaranth	Amaranth
Beans	Beans	Beans (Butter)
Beans (Butter)	Beans (Butter)	Beetroot
Beetroot	Beetroot	Broccoli
Broccoli	Broccoli	Brussels Sprouts
Brussels Sprouts	Brussels Sprouts	Buckwheat
Buckwheat	Buckwheat	Cabbage
Cabbage	Cabbage	Chinese Cabbage
Chinese Cabbage	Chinese Cabbage	Carrot
Carrot	Carrot	Chia
Cauliflower	Cauliflower	Collards
Celery	Chia	Corn Salad
Chia	Collards	Cress
Collards	Cress	Endive
Cress	Endive	Kale
Cucumber	Kale	Kohlrabi
Endive	Kohlrabi	Leek
Kale	Leek	Lettuce
Leek	Lettuce	Millet
Lettuce	Millet	Mustard
Millet	Mustard	Onion (Lockyer)
Mustard	Onion spring (Shallots)	Onion spring (Shallots)
Onion spring (Shallots)	Parsnip	Parsnip
Parsnip	Peas	Radish
Potatoes	Radish	Salsify
Radish	Salsify	Shallots
Salsify	Shallots	Silver beet
Shallots	Silver beet	Spinach (English)
Silver beet	Swede	Swede
Spinach (New Zealand)	Turnip	Turnip
Tomato		

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Chinese Vegetables

December	January	February
Choy Sum Paak Tsoi Hong Kong Broccoli	Chinese Kale Choy Sum Paak Tsoi Hong Kong Broccoli	Chinese Kale Choy Sum Paak Tsoi Hong Kong Broccoli

Herbs

December	January	February
Basil (Bush) Basil (Sweet) Borage Calendula Chamomile Chervil Chicory Chives Coriander Cress Dill Evening Primrose Feverfew Hyssop Lemon Balm Lovage Motherwort Nasturtium Oregano Parsley Pennyroyal Peppermint Pyrethrum Savory (Winter) Shepherd's Purse Tarragon Thyme	Basil (Bush) Calendula Chamomile Chervil Chicory Chives Coriander Cress Dill Evening Primrose Feverfew Lavender Lovage Motherwort Nasturtium Parsley Pyrethrum Savory (Winter) Shepherd's Purse Tarragon Thyme Valerian Wormwood Yarrow	Basil (Bush) Calendula Chamomile Chervil Chicory Coriander Cress Evening Primrose Feverfew Hyssop Lovage Motherwort Nasturtium Parsley Pyrethrum Savory (Winter) Shepherd's Purse Tarragon

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Flowers

December	January	February
Aster Balsam Californian Poppy's Cleome Cosmos Forget-me-nots Gerbera Marigold Penstemon Petunia Red Salvia (Red Rocket) Snap Dragon Zinnia	Cleome Forget-me-nots Lupin Marigold Pansy Penstemon Poppy Stock Sweet Pea	Carnations Cleome Helichrysum (Strawflower) Honesty Impatiens Larkspur Love in a Mist Lupin Marigold Pansy Penstemon Poppy Snap Dragon Stock Sweet Peas

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Season - Autumn

Vegetables

March	April	May
Beans (Broad)	Beans (Broad)	Beans (Broad)
Beetroot	Broccoli	Carrot (All Seasons)
Beetroot (Rapid Red)	Cabbage	Collards
Broccoli	Carrot (All Seasons)	Corn Salad
Cabbage	Cauliflower (Paleface)	Cress
Chinese Cabbage	Collards	Mustard
Carrot	Corn Salad	Mustard Lettuce
Carrot (All Seasons)	Cress	Onion (Early)
Cauliflower	Kale	Onion (Lockyer)
Cauliflower (Paleface)	Mustard	Onion spring (Shallots)
Cauliflower (White Acre)	Mustard Lettuce	Onion (Gladalan)
Collards	Onion (Early)	Radish
Corn Salad	Onion (Lockyer)	Shallots
Cress	Onion spring (shallots)	Silver Beet
Kohlrabi	Onion (Gladalan)	Spinach
Leek	Radish	Swede
Lettuce	Shallots	Turnip
Lettuce (winter)	Silver beet	
Mizuna	Spinach	
Mustard	Swede	
Mustard Lettuce	Turnip	
Onion (Lockyer)		
Onion (Gladalan)		
Peas (climbing)		
Radish		
Shallots		
Silver beet		
Spinach		
Swede		
Turnip		

Chinese Vegetables

March	April	May
Chinese Kale		
Choy Sum		
Paak Tsoi		
Swatow Broccoli		

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Herbs

March	April	May
Basil (Bush) Burnet (Salad) Calendula Caraway Catnip Chervil Cress Evening Primrose Fennel Lovage Parsley Rocket Shepherd's Purse Tansy	Burnet (Salad) Calendula Caraway Cress Evening Primrose Fennel Lovage Parsley Rocket Shepherd's Purse	Cress Evening Primrose Fennel Lovage Parsley Rocket Shepherd's Purse

Flowers

March	April	May
Carnations Gaillardia Helichrysum (Strawflower) Larkspur Lupin Pansy Stock Sweet Pea	Carnations Gaillardia Larkspur Lupin Pansy Sweet Pea	Carnations Gaillardia Lupin

Green Manures

March	April	May
Barley Broad Beans Clover (Subterranean) Oats	Barley Broad Beans Clover (Subterranean) Oats	Broad Beans

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Season - Winter

Vegetables

June	July	August
Beans (Broad) Lettuce (Winter) Onion (Early) Dwarf Peas Climbing Peas Spinach	Lettuce (Winter) Onion (Early) Dwarf Peas Climbing Peas Spinach Swede	Beetroot (Rapid red) Cabbage Chinese Cabbage Carrot Cauliflower Kale Kohlrabi Jerusalem Artichoke Leek Lettuce (Winter) Lettuce (Summer) Onion (Lockyer) Onion spring (Shallots) Onion (Gladalan) Onion (Early) Parsnip Dwarf Peas Climbing Peas Potatoes Radish Spinach Swede Turnip