

Permaculture Southern Highlands Seed Planting Guide

Vegetables

Seed	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Amaranth	✓	✓	✓						✓	✓	✓	✓
Artichoke									✓	✓	✓	
Artochoke (Jerusalem)								✓				
Asparagus									✓	✓	✓	
Beans	✓									✓	✓	✓
Beans (Broad)				✓	✓	✓						
Beans (Butter)	✓	✓	✓									✓
Beetroot	✓	✓	✓						✓	✓	✓	✓
Beetroot (Rapid Red)								✓				
Broccoli	✓	✓	✓	✓					✓	✓	✓	✓
Brussels Sprouts	✓	✓	✓							✓	✓	✓
Buckwheat	✓	✓	✓						✓	✓	✓	✓
Cabbage	✓	✓	✓	✓				✓	✓	✓	✓	✓
Cape Gooseberry									✓	✓	✓	
Capsicum *									✓	✓	✓	
Carrot	✓	✓	✓					✓	✓	✓	✓	✓
Carrot (All seasons)				✓	✓							
Cauliflower	✓							✓			✓	✓
Cauliflower (Paleface)				✓								
Cauliflower (White Acre)			✓									
Celery									✓	✓	✓	✓
Chia	✓	✓	✓						✓	✓	✓	✓
Collards	✓	✓	✓	✓	✓				✓	✓	✓	✓
Corn Salad		✓	✓		✓				✓	✓	✓	
Corn*										✓	✓	
Cress	✓	✓	✓	✓	✓				✓	✓	✓	✓
Cucumber *										✓	✓	
Cucumber												✓
Eggplant *										✓	✓	
Endive	✓	✓	✓						✓	✓	✓	✓
Kale	✓	✓	✓	✓				✓	✓	✓	✓	✓
Kohlrabi	✓	✓	✓					✓	✓			
Leek	✓	✓	✓					✓	✓	✓	✓	✓
Lettuce	✓	✓	✓						✓	✓	✓	✓
Lettuce (Winter)						✓	✓	✓				
Lettuce (Summer)								✓				
Millet	✓	✓	✓						✓	✓	✓	✓
Mizuna									✓	✓	✓	
Mustard	✓	✓	✓	✓	✓				✓	✓	✓	✓
Mustard Lettuce				✓	✓							
Okra										✓	✓	

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Onion (Early)				✓	✓	✓	✓	✓	✓			
Onion (Lockyer)		✓	✓	✓	✓			✓				
Onion spring (Shallots)	✓	✓	✓	✓	✓			✓	✓	✓	✓	✓
Onion (Gladalan)				✓	✓			✓				
Parsnip	✓	✓	✓					✓	✓	✓	✓	✓
Peas	✓								✓	✓		
Peas (Dwarf)						✓	✓	✓				
Peas (Climbing)						✓	✓	✓				
Potatoes								✓	✓	✓	✓	✓
Quinoa Linares								✓	✓	✓		
Radish	✓	✓	✓	✓	✓			✓	✓	✓	✓	✓
Salsify	✓	✓	✓						✓	✓	✓	✓
Shallots	✓	✓	✓	✓	✓				✓	✓	✓	✓
Silver beet	✓	✓	✓	✓	✓				✓	✓	✓	✓
Spinach				✓	✓	✓	✓	✓				
Spinach (English)		✓	✓						✓	✓	✓	
Spinach (New Zealand)									✓	✓	✓	✓
Spinach (Red orach)									✓	✓	✓	
Sunflower									✓	✓	✓	
Swede	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	
Tomato												✓
Tomato *										✓	✓	
Turnip	✓	✓	✓	✓	✓			✓	✓	✓	✓	
Watermelon											✓	
Watermelon *										✓		
Zucchini & Gourds *										✓	✓	