

## Sowing Calendar for Vegetables in New Zealand Sub-Tropical Zone

see [PlantWhatWhen - Sub-Tropical Zone Sowing Guide](#)

| Plant                | JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC |
|----------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Amaranth             | J   | F   | M   | A   | .   | .   | .   | A   | S   | O   | N   | D   |
| Angelica             | .   | .   | .   | .   | .   | .   | .   | .   | S   | O   | N   | .   |
| Artichokes globe     | .   | .   | .   | .   | .   | .   | .   | A   | S   | O   | N   | .   |
| Arugula/Rucola       | .   | .   | M   | A   | M   | J   | J   | A   | S   | O   | N   | D   |
| Asparagus            | .   | .   | .   | .   | .   | .   | .   | A   | S   | O   | N   | .   |
| Asparagus pea        | J   | F   | M   | .   | .   | .   | .   | A   | S   | O   | N   | D   |
| Aubergine            | J   | F   | M   | .   | .   | .   | .   | A   | S   | O   | N   | D   |
| Basil                | J   | .   | .   | .   | .   | .   | .   | A   | S   | O   | N   | D   |
| Beans climbing/snake | J   | F   | M   | A   | .   | .   | .   | A   | S   | O   | N   | D   |
| Beans dwarf/bush     | J   | F   | M   | A   | .   | .   | .   | A   | S   | O   | N   | D   |
| Beetroot             | J   | F   | M   | A   | M   | J   | J   | A   | S   | O   | N   | D   |
| Beets                | J   | F   | M   | A   | M   | J   | J   | A   | S   | O   | N   | D   |
| Belgian endive       | .   | .   | M   | A   | M   | J   | J   | A   | S   | .   | .   | .   |
| Bell peppers         | J   | F   | M   | .   | .   | .   | .   | A   | S   | O   | N   | D   |
| Black eye peas       | .   | .   | .   | .   | .   | .   | .   | A   | S   | O   | .   | .   |
| Bok Choy             | .   | .   | M   | A   | M   | .   | .   | .   | .   | .   | .   | .   |
| Borage               | .   | .   | .   | .   | .   | .   | .   | .   | S   | O   | N   | .   |
| Borecole             | .   | .   | M   | A   | M   | J   | J   | .   | .   | .   | .   | .   |
| Borekale             | .   | .   | M   | A   | M   | J   | J   | A   | S   | .   | .   | .   |
| Broad bean           | .   | .   | .   | A   | M   | J   | .   | .   | .   | .   | .   | .   |
| Broccoli             | .   | F   | M   | A   | M   | .   | .   | .   | .   | .   | .   | .   |
| Brussels sprouts     | .   | .   | .   | .   | .   | .   | .   | .   | .   | .   | .   | .   |
| Burdock              | J   | F   | M   | A   | M   | .   | .   | A   | S   | O   | N   | D   |
| Cabbage loose-headed | .   | F   | M   | A   | M   | J   | J   | A   | S   | O   | .   | .   |
| Cabbage tight-headed | .   | F   | M   | A   | M   | J   | J   | A   | S   | O   | .   | .   |
| Cantaloupe           | J   | F   | M   | .   | .   | .   | .   | A   | S   | O   | N   | D   |
| Cape Gooseberry      | J   | F   | M   | A   | .   | .   | J   | A   | S   | O   | N   | D   |
| Capsicum             | J   | F   | M   | .   | .   | .   | .   | A   | S   | O   | N   | D   |
| Cardoon              | .   | .   | .   | .   | .   | .   | .   | A   | S   | O   | N   | .   |
| Carrot               | .   | .   | M   | A   | M   | J   | J   | A   | S   | O   | N   | .   |
| Cauliflower          | .   | .   | M   | A   | M   | J   | J   | .   | .   | .   | .   | .   |
| Celeriac             | .   | .   | M   | A   | M   | J   | J   | A   | S   | O   | .   | .   |
| Celery               | .   | .   | M   | A   | M   | J   | J   | A   | S   | O   | N   | .   |

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|----------------------|---|---|---|---|---|---|---|---|---|---|---|---|
| Ceylon Spinach       | J | F | M | A | M | J | J | A | S | O | N | D |
| Chayote squash       | J | F | . | . | . | . | . | . | S | O | N | D |
| Chicory              | . | . | M | A | M | J | J | A | S | . | . | . |
| Chilli peppers       | J | F | M | . | . | . | . | A | S | O | N | D |
| Chinese cabbage      | . | . | . | . | . | . | . | A | S | . | . | . |
| Chinese parsley      | . | . | M | A | M | . | . | A | S | O | N | D |
| Chinese Peas         | . | . | . | A | M | J | J | . | . | . | . | . |
| Chives               | J | F | M | A | M | . | J | A | S | O | N | D |
| Choko                | J | F | . | . | . | . | . | . | S | O | N | D |
| Cilantro             | . | . | M | A | M | . | . | A | S | O | N | D |
| Cocoyam              | . | . | . | A | M | . | . | . | . | O | N | . |
| Collards             | . | . | M | A | M | J | J | A | S | . | . | . |
| Coriander            | . | . | M | A | M | . | . | A | S | O | N | D |
| Corn Salad           | . | . | . | . | . | . | . | . | . | . | . | . |
| Courgette            | J | F | M | . | . | . | J | A | S | O | N | D |
| Cowpeas              | . | . | . | . | . | . | . | A | S | O | . | . |
| Cucumber             | J | F | M | . | . | . | . | A | S | O | N | D |
| Daikon               | . | . | M | A | . | . | . | A | S | . | . | . |
| Dasheen              | . | . | . | A | M | . | . | . | . | O | N | . |
| Dill                 | . | . | M | A | . | . | J | A | S | . | . | . |
| Eggplant             | J | F | M | . | . | . | . | A | S | O | N | D |
| Endive               | . | . | M | A | M | J | J | . | . | . | . | . |
| Eschalots            | . | F | M | A | M | J | J | A | S | . | . | . |
| Fava bean            | . | . | . | A | M | J | . | . | . | . | . | . |
| Fennel               | . | . | . | . | . | . | . | A | S | . | . | . |
| Finocchio            | . | F | M | A | M | J | J | A | S | . | . | . |
| Florence Fennel      | . | F | M | A | M | J | J | . | S | . | . | . |
| French tarragon      | J | . | . | . | . | . | . | . | S | O | N | D |
| Gai choy             | J | F | M | A | M | J | J | A | S | O | N | D |
| Garlic               | . | . | . | A | M | J | J | . | . | . | . | . |
| Ginger               | . | . | . | . | . | . | . | . | . | O | N | D |
| Gobo                 | J | F | M | A | M | . | . | A | S | O | N | D |
| Gumbo                | J | F | . | . | . | . | . | A | S | O | N | D |
| Horseradish          | . | . | . | A | . | . | . | . | S | O | . | . |
| Hot peppers          | J | F | M | . | . | . | . | A | S | O | N | D |
| Huauzontle           | J | F | M | A | M | J | J | A | S | O | N | D |
| Japanese Greens      | . | . | . | A | M | J | J | A | . | . | . | . |
| Japanese radish      | . | . | M | A | . | . | . | A | S | . | . | . |
| Jerusalem Artichokes | . | . | . | A | M | J | J | A | S | O | N | . |
| Kale                 | . | . | M | A | M | J | J | . | . | . | . | . |

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| Kohlrabi             | . | . | M | A | M | J | J | A | S | . | . | . |
| Ladyfinger           | J | F | . | . | . | . | . | A | S | O | N | D |
| Lamb's lettuce       | . | . | . | . | . | . | . | . | . | . | . | . |
| Leeks                | J | F | M | A | . | . | . | A | S | O | . | . |
| Lemon Balm           | . | . | . | . | . | . | . | . | S | O | N | . |
| Lettuce              | J | F | M | A | M | J | J | A | S | O | N | D |
| Lo Bok               | . | . | M | A | . | . | . | A | S | . | . | . |
| Long Yam             | . | . | . | . | . | . | . | . | S | O | N | D |
| Luffa/Loofah         | J | . | . | . | . | . | . | A | S | O | N | D |
| Mache                | . | . | . | . | . | . | . | . | . | . | . | . |
| Maize                | J | F | M | . | . | . | . | A | S | O | N | D |
| Malabar greens       | J | F | M | A | M | J | J | A | S | O | N | D |
| Mangetout            | . | . | . | A | M | J | J | . | . | . | . | . |
| Mangle Wurzel        | . | . | M | A | M | J | J | A | . | . | . | . |
| Mangold              | J | F | M | A | M | J | J | A | S | O | N | D |
| Marrow               | J | F | . | . | . | . | . | A | S | O | N | D |
| Mibuna               | . | . | . | A | M | J | J | A | . | . | . | . |
| Mint                 | . | . | . | . | . | . | . | A | S | O | . | . |
| Mitzuna              | . | . | . | A | M | J | J | A | . | . | . | . |
| Mizuna               | . | . | . | A | M | J | J | A | . | . | . | . |
| Mustard greens       | J | F | M | A | M | J | J | A | S | O | N | D |
| Napa cabbage         | . | . | . | . | . | . | . | A | S | . | . | . |
| New Zealand Spinach  | . | . | . | . | . | . | . | . | S | O | N | D |
| Okra                 | J | F | . | . | . | . | . | A | S | O | N | D |
| Onion                | . | F | M | A | M | J | J | A | . | . | . | . |
| Oregano/Pot Marjoram | J | F | M | A | M | . | . | A | S | O | N | D |
| Pak Choy/Choi        | . | . | M | A | M | J | . | . | . | . | . | . |
| Parsley              | . | F | M | A | M | . | . | . | . | . | . | . |
| Parsnip              | . | F | M | A | M | J | J | A | S | . | . | . |
| Peanut               | . | . | . | . | . | . | . | . | . | . | . | . |
| Peas                 | . | . | . | A | M | J | J | . | . | . | . | . |
| Potato               | . | . | . | . | . | . | . | A | S | O | . | . |
| Pumpkin              | J | F | . | . | . | . | . | A | S | . | N | D |
| Quinoa               | . | . | . | . | . | . | . | A | S | O | N | . |
| Radicchio            | . | . | . | . | . | . | . | . | . | . | . | . |
| Radish               | J | F | M | A | M | J | J | A | S | O | N | D |
| Rhubarb              | . | . | . | . | . | . | . | . | S | O | . | . |
| Rocket               | . | . | M | A | M | J | J | A | S | O | N | D |
| Rockmelon            | J | F | M | . | . | . | . | A | S | O | N | D |
| Rosemary             | . | . | . | . | . | . | . | . | S | O | . | . |

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| Rutabaga                | J | F | M | A | M | . | . | . | . | . | . | . |
| Sage                    | . | . | . | . | . | . | . | A | S | O | N | D |
| Salsify                 | J | F | M | . | . | . | . | . | S | O | N | D |
| Savory/Bean Herb        | . | . | . | . | . | . | . | A | S | O | . | . |
| Scallions               | . | . | M | A | . | . | J | A | S | . | . | . |
| Shallots                | . | F | M | A | M | J | J | A | S | . | . | . |
| Silverbeet              | J | F | M | A | M | J | J | A | S | O | N | D |
| Snow-Peas               | . | . | . | A | M | J | J | . | . | . | . | . |
| Southern peas           | . | . | . | . | . | . | . | A | S | O | . | . |
| Spinach                 | . | . | . | A | M | J | . | . | . | . | . | . |
| Spring onions           | . | . | M | A | . | . | J | A | S | . | . | . |
| Squash                  | J | F | M | . | . | . | . | A | S | O | N | D |
| Strawberry plants       | . | . | . | A | M | J | J | A | . | . | . | . |
| Strawberry seeds        | . | . | . | A | M | J | J | A | . | . | . | . |
| Sugar/Snap Peas         | . | . | . | A | M | J | J | . | . | . | . | . |
| Summer squash           | J | F | M | . | . | . | J | A | S | O | N | D |
| Sunchoke                | . | . | . | A | M | J | J | A | S | O | . | . |
| Sunflower               | J | F | M | A | . | . | . | A | S | O | N | D |
| Swedes                  | J | F | M | A | M | . | . | . | . | . | N | D |
| Sweet corn              | J | F | M | . | . | . | . | A | S | O | N | D |
| Sweet Marjoram          | . | . | . | . | . | . | . | . | S | O | N | . |
| Sweet peppers           | J | F | M | . | . | . | . | A | S | O | N | D |
| Sweet Potato/<br>Kumara | . | . | . | . | . | . | . | . | S | O | N | D |
| Swiss-Chard             | J | F | M | A | M | J | J | A | S | O | N | D |
| Taro                    | . | . | . | A | M | . | . | . | . | O | N | . |
| Thyme                   | . | . | . | . | . | . | J | A | S | O | N | . |
| Tomatillo               | . | . | . | . | . | . | . | . | S | O | N | D |
| Tomato                  | J | F | M | A | . | . | . | A | S | O | N | D |
| Tumeric                 | . | . | . | . | . | . | . | . | . | . | . | . |
| Turnip                  | J | F | M | A | M | . | . | A | S | O | N | D |
| Vegetable oyster        | J | F | M | . | . | . | . | . | S | O | N | D |
| Vietnamese Mint         | . | . | . | . | . | . | . | . | . | . | . | . |
| Warrigal greens         | . | . | . | . | . | . | . | . | S | O | N | D |
| Water Chestnut          | . | . | . | . | . | . | . | . | . | O | N | . |
| Watermelon              | J | F | . | . | . | . | . | A | S | O | N | D |
| Winged bean             | J | F | M | . | . | . | . | A | S | O | N | D |

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| Witloof       | . | . | M | A | M | J | J | A | S | . | . | . |
| Wong bok      | . | . | . | . | . | . | . | A | S | . | . | . |
| Yacon/Sunroot | . | . | . | . | . | . | . | . | S | O | . | . |
| Yam/Oka/Oca   | . | . | . | . | . | . | . | . | S | O | N | D |
| Zucchini      | J | F | M | . | . | . | J | A | S | O | N | D |