

## Sowing Calendar for Vegetables in New Zealand Temperate Zone

see [PlantWhatWhen - Temperate Zone Sowing Guide](#)

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

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





Yacon/Sunroot	.	.	.	.	.	.	.	.	.	O	N	.
Yam/Oka/Oca	.	.	.	.	.	.	.	.	.	O	N	D
Zucchini	J	F	.	.	.	.	.	.	S	O	N	D