

ROGI SEED SOWING GUIDE

January	February	March
Amaranth	Amaranth	Basil
Asparagus	Asparagus	Beans: Climbing, Snake, French
Basil	Basil	Beetroot
Beans: Climbing, Snake	Beans: Climbing, Snake, Soy	Borage
Beetroot	Beetroot	Capsicum/Chilli
Borage	Borage	Carrot
Capsicum/Chilli	Capsicum/Chilli	Cauliflower
Choko	Choko	Coriander
Coriander	Coriander	Cucumber
Cucumber	Cucumber	Eggplant
Eggplant	Eggplant	Leek
Jicama	Jicama	Lettuce
Lettuce	Lettuce	Marigold
Marigold	Marigold	Pigeon Pea
Melon: Honey, Rock, Water	Pigeon Pea	Potatoes
Pigeon Peas	Purslane	Pumpkin
Purslane	Radish	Purslane
Radish	Silverbeet	Silverbeet
Silverbeet	Spinach: Brazilian, Egyptian, Warrigal	Spring Onion
Soybean	Soybean	Spinach: Brazilian, Egyptian, Warrigal
Spring Onion	Spring Onion	Squash
Squash	Squash	Sweet Potato
Sunflower	Sunflower	Sweet Corn
Sweet Corn	Sweet Corn	Tomato
Sweet Potato	Sweet Potato	
Tomato	Tomato	
Zucchini	Zucchini	

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April

Artichoke: Jerusalem Artichoke
Asparagus
Beans: Lablab, Madagascar, French
Beetroot
Broccoli
Brussel Sprouts
Cabbage
Capsicum/Chilli
Cauliflower
Carrot
Celery
Chicory
Endive
Florence Fennel
Kohlrabi
Leeks
Lettuce
Onions/Garlic
Potatoes
Radish
Silverbeet
Spinach & Other Spinach: Brazilian,
Egyptian, Warrigal, Kangkong
Sweet Potato
Tomato
Yacon

May

Artichoke: Jerusalem Artichoke
Asparagus
Bean: Broad, French
Beetroot
Broccoli
Brussel Sprouts
Cabbage
Capsicum/Chilli
Cauliflower
Carrot
Celery
Chicory
Endive
Florence Fennel
Kohlrabi
Leeks
Lettuce
Onions/Garlic
Parsnip
Peas
Potatoes
Radish
Silverbeet
Spinach & Other Spinach: Brazilian,
Egyptian, Warrigal, Kangkong
Swede
Sweet Potato
Tomato
Turnip

June

Artichoke: Jerusalem Artichoke
Asparagus
Bean: Broad, French
Beetroot
Cabbage
Capsicum/Chilli
Cauliflower
Carrot
Celery
Chicory
Endive
Florence Fennel
Kohlrabi
Leeks
Lettuce
Onions/Garlic
Parsnip
Peas
Potatoes
Radish
Silverbeet
Spinach
Other Spinach: Brazilian, Warrigal
Swede
Sweet Potato
Tomato
Turnip

ROGI SEED SOWING GUIDE

July

Artichoke: Jerusalem Artichoke
Asparagus
Beans: French
Beetroot
Cabbage
Capsicum/Chilli
Carrot
Celery
Chicory
Endive
Kohlrabi
Leeks
Lettuce
Peas
Potatoes
Radish
Silverbeet
Swede
Sweet Potato
Tomato
Turnip

August

Artichoke: Jerusalem Artichoke
Asparagus
Beans: French
Beetroot
Capsicum/Chilli
Carrot
Celery
Chicory
Eggplant
Kohlrabi
Lettuce
Okra
Potatoes
Pumpkin
Radish
Silverbeet
Squash
Sweet Potato
Tomato

September

Artichoke: Jerusalem Artichoke
Asparagus
Beetroot
Beans: French
Capsicum/Chilli
Carrot
Chicory
Choko
Cucumber
Eggplant
Kohlrabi
Lettuce
Okra
Melons: Water, Rock
Potatoes
Pumpkin
Radish
Silverbeet
Squash
Sweet Corn
Sweet Potato
Tomato
Zucchini

ROGI SEED SOWING GUIDE

October	November	December
Asparagus	Asparagus	Asparagus
Beans: French, Snake	Beans: Snake, Lablab, Pigeon Pea, Madagascar.	Beans: Snake, Madagascar, Lablab, Soy, Pigeon pea
Beetroot	Beetroot	Beetroot
Capsicum/Chilli	Capsicum/Chilli	Capsicum/Chilli
Carrot	Carrot	Carrot
Cucumber	Choko	Choko
Eggplant	Cucumber	Cucumber
Ginger	Eggplant	Eggplant
Lettuce	Jerusalem artichoke	Jicama
Okra	Lettuce	Lettuce
Pumpkin	Okra	Melon: Honey, Rock, Water
Radish	Pumpkin	Okra
Rocket	Radish	Pumpkin
Rockmelon	Rockmelon	Radish
Rosella	Rosella	Rockmelon
Silverbeet	Silverbeet	Rosella
Squash	Squash	Silverbeet; other leafy greens
Sweet corn	Sweet corn	Squash
Sweet potato	Sweet potato	Sunflower
Tomato	Tomato	Sweet Corn
Watermelon	Watermelon	Sweet Potato
Zucchini	Zucchini	Tomato
		Zucchini

PLEASE NOTE: This guide is for sowing seeds, not seedlings. There may be several days/weeks between the optimal time to sow a seed and to transplant a seedling. Please keep in mind this is only a guide – microclimates and weather conditions may mean that certain seeds may be sown before/after the recommended times. **ROGI Seed Bank is available at all ROGI meetings and Garden Visits. \$1/pack members.**