



This chart is to help gardeners plan their seed planting throughout the year and be a useful starting point. Be aware that within every climate zone there will be varying microclimates and seasonal differences. We recommend, monitoring temperatures and conditions in your back yard, comparing experiences with other gardeners in your area as well as keeping a garden diary. Starting seedlings in pots in a greenhouse or inside can help those in cool climates get a head start growing summer varieties such as tomatoes and chillis. For more seed starting tips go to our website www.thrivesustainability.com.au

Name	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Depth	Temp	Grow notes
Alyssum													1 mm	15 - 30°C	Sow direct or in pots
Amaranth													3 mm	18 - 30°C	Sow direct
Artichoke													10mm	18 - 25°C	Sow direct or in pots
Ashwagandha													5 mm	18 - 25°C	Sow direct or in pots
Asparagus seeds													10 mm	20 - 27°C	Sow direct or in pots, soak seed overnight before sowing
Basil													3 mm	15 - 35°C	Sow directs or in pots
Beans													20 mm	15 - 30°C	Sow direct 10- 15 cm apart
Runner Bean													25 mm	15 - 29°C	Sow direct 10- 15 cm apart



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Name	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Depth	Temp	Grow notes
Bean-Madagascar	●●●	●●●	●●●	●●●	●	●	●	●●	●●●	●●●	●●●	●●●	25mm	15 - 25°C	Sow direct 10- 15 cm apart
Beetroot	●●	●●●	●●●	●●●	●●●	●●●	●●	●●	●●●	●●●	●●	●●	15 mm	10 - 30°C	Sow direct 5 - 10 cm apart
Borage - Blue	●●	●●	●	●●	●●	●●	●●	●●	●●●	●●●	●●●	●●●	10 mm	15 - 30°C	Sow direct or in pots
Broad Bean			●●	●●●	●●●	●●●	●●	●	●				30 mm	8 - 25°C	Sow Direct 25 cm apart
Broccoli	●	●●●	●●●	●●●	●●●	●●●	●●	●	●	●●	●	●	5 mm	8 - 30°C	Sow in punnets or direct, space plants 30-40 cm apart
Brussel Sprouts	●●●	●●●	●							●	●	●	5 mm	8 - 25°C	Sow in punnets then plant out 50 cm apart
Burdock	●●●	●●●	●●●	●●●	●●●	●		●●	●●●	●●●	●●●	●●●	15 mm	20 - 25°C	Sow direct or in pots



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Butterfly Pea	●		● ●	● ●	● ●	● ●	● ●	● ●	●	● ● ●	● ●	● ●	15 mm	20 - 30°C	Sow in pots or direct if warm enough
Cabbage	●	● ● ● ●	● ● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ●	●	●	● ●	●	●	5 mm	8 - 30°C	Sow in punnets or direct, space plants 30-40 cm apart
Calendula		● ●	● ● ● ● ●	● ● ● ●	● ● ● ●	●	●	● ● ●	● ● ●	● ● ●	● ●		10 mm	18 - 25°C	Sow direct 30 - 40 cm spacing
Capsicum	● ● ● ●	● ● ●	● ● ●	● ● ●	● ● ●	● ●	● ●	● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ●	5 mm	22 - 25°C	Sow in pots or direct 50 cm apart
Carrot	● ●	● ● ● ●	● ● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ●	● ● ●	3 mm	10 - 30°C	Sow direct and thin out seedlings to 5 cm
Cauliflower	● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ●	● ●	●			●	●	●	5 mm	8 - 30°C	Sow in punnets or direct, space plants 50-50 cm apart



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Celery	●	● ●	● ●	● ● ●	● ● ● ●	● ● ● ●	● ● ●	● ● ●	● ● ● ●	● ● ●	● ●	● ●	3 mm	20 - 22°C	Sow in punnets or direct, space plants 40 cm apart
Celtuce	●	●	● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ●	● ● ● ●	● ● ●	3 mm	10 - 25°C	Sow in punnets or direct thin to 30 cm apart
Chicory				● ●	● ●	● ● ●	●	●	●	● ●	● ●		4 mm	15 - 18°C	Sow direct
Chilacayote	● ●	● ● ●	● ● ●	●	●	●	●	● ● ●	● ● ●	● ● ●	● ● ● ●	● ● ● ●	15 mm	22 - 28°C	Sow direct or in pots, will grow as perennial in warm frost free climates
Chilli	● ● ● ●	● ● ●	● ● ●	● ● ●	● ● ●	● ●	● ●	● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	5 mm	22 - 25°C	Sow in pots or direct 50 cm apart
Chives	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ●	● ●	● ●	● ●	● ●	● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	5 mm	18 - 24°C	Sow in pots or direct
Chinese Cabbage	● ● ●	● ● ● ●	● ● ● ● ●	● ● ● ●	● ● ● ●	● ● ●	● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	5 mm	10 - 25°C	Sow in pots or direct space 40 cm apart



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Collards	●	●	●●●	●●●	●●●	●●●	●	●					5mm	8 - 30°C	Sow in pots or direct space 80cm apart
Coriander			●●●	●●●	●●●	●●●	●●●	●●●	●●●	●●●	●●●	●	6 mm	18 - 22°C	Sow direct
Corn	●●●	●●●	●●●	●	●	●	●	●●●	●●●	●●●	●●●	●●●	20 mm	17 - 35°C	Sow direct
Cosmos			●	●●	●●	●●	●●	●●	●●	●●	●●	●●	6mm	20 - 26°C	Sow direct
Cucumber	●●●	●●●	●●●	●	●	●	●●	●●	●●	●●	●●	●●	10 mm	18 - 35°C	Sow in pots or direct space 40cm apart
Dill	●	●●	●●	●●	●●	●●	●●	●●	●●	●●	●●	●●	2 mm	18 - 22°C	Sow Direct
Echinacea	●		●●	●●	●●				●●●	●●●	●●●	●●	3mm	20 - 24°C	Sow in trays or direct, cold stratification can help.



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Eggplant	● ● ● ●	● ● ●	● ● ●	● ● ●	● ● ●	● ●	● ●	● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	5 mm	22 - 30°C	Sow in pots or direct 50cm apart
Egyptian Spinach	● ● ● ● ●	● ● ● ●	● ●	●				● ●	● ● ●	● ● ● ●	● ● ● ● ●	● ● ● ● ●	5mm	25 - 30°C	Sow in pots or direct, perennial in tropics
Everlastings		●	●	● ● ●	● ● ●	●			●	●			2 mm	10 - 20°C	Sow direct
Endive		● ●	● ● ● ●	● ● ● ●	● ● ●	● ● ●	● ● ●	●	● ●	● ●	● ●		4mm	15 - 18°C	Sow in pots or direct
Feverfew	● ● ● ●	● ●	●	●	●			●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	1 mm	20 - 22°C	Sow in pots or direct
Garlic bulbs		●	● ● ● ●	● ● ● ●	● ● ● ●								30 mm	10 - 25°C	Plant cloves direct
Florence Fennel	●	●	● ● ● ●	● ● ● ●	● ● ● ●	●	●	●	● ●	● ●	● ●	● ●	8 mm	10 - 30°C	Sow direct thin to 30cm apart
Hollyhocks	●	●	● ● ● ● ●	● ● ● ● ●	● ● ● ●	● ● ●							6 mm	18 - 28°C	Sow in pots or direct
Jerusalem Artichoke Tuber					●	● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ●	● ● ●	● ● ●		100 mm	8 - 20°C	Plant tubers direct



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Jicama - Climbing Yam Bean	● ●	● ●	● ●	● ●	●	●	●	● ●	● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	20 mm	25 - 30°C	Soak seed overnight in warm water before sowing
Kale	● ●	● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ●	● ● ●	● ●	● ●	● ●	● ●	● ●	10mm	18 - 30°C	Sow in pots or direct 30cm apart
Kang Kong	● ●	● ●	● ●	● ●	●	●	●	● ●	● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	5 mm	20 - 30°C	Sow in pots or direct
Kohl Rabi	●	● ●	● ● ● ● ●	● ● ● ●	● ● ●	● ● ●	● ●	● ● ● ●	● ●	● ●	● ●	● ●	5 mm	15 - 28°C	Sow direct
Leek	● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ●		●	● ●	● ● ●	● ●	● ●	● ●	5 mm	18 - 23°C	Sow direct or in punnets
Lettuce	●	●	● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ●	● ● ● ●	● ● ●	3 mm	10 - 25°C	Sow in punnets or direct thin to 30cm apart
Loofah / Gourd	● ●	● ● ●	● ● ●	●	●	●	●	● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	15 mm	25 - 30°C	Sow in pots or direct
Malabar Spinach	● ● ● ●	● ● ● ●	● ●	● ●	●	●	●	● ●	● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	10mm	24 - 30°C	Sow in pots or direct, perennial in tropics



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Marigold	● ●	● ●	●	●	●	●	● ● ● ●	● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ● ●	● ● ● ●	5 mm	24 - 28°C	Sow direct
Mint				●	● ● ●	● ● ●	● ● ●	● ●	● ● ●	● ● ●	● ● ●	●	1 mm	13 - 20°C	Start in pots, perennial
Melon	● ● ●	● ● ● ●	● ●	●	●	●	● ●	● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	10 mm	18 - 35°C	Sow in pots or direct space 80cm apart
Mibuna / Mizuna	●	●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ●	●	5 mm	18 - 28°C	Sow direct or in pots
Mouse Melon / Cucamelon	● ● ●	● ● ● ●	● ●	●	●	●	● ●	● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	5 mm	22 - 28°C	Sow direct or in pots, needs well drained soil to prevent seed rotting
Mustard varieties	●	●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ●	●	5 mm	18 - 28°C	Sow direct or in pots
New Guinea Bean	● ●	● ● ●	● ● ●	●	●	●	●	● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	25 mm	20 - 35°C	Sow in pots or direct
Okra	● ●	● ●	●	●	●	●	●	● ●	● ● ● ●	● ● ● ● ●	● ● ● ●	● ● ● ● ●	10 mm	20 - 35°C	Sow in pots or direct



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Onion		● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ●	● ●	● ●	●				5 mm	20 - 25°C	Sow direct or in punnets
Oregano			● ● ●	● ● ● ●	● ●	● ●	● ●	● ● ●	● ● ● ● ●	● ● ● ●	● ● ●	● ●	5 mm	15 - 25°C	Sow in pots or direct
Pak choi	● ● ●	● ● ● ●	● ● ● ● ●	● ● ● ●	● ● ● ●	● ● ●	● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ●	5 mm	10 - 25°C	Sow in pots or direct space 30cm apart
Parsley	● ●	● ●	● ● ●	●	● ● ●	● ● ●	● ● ●	● ●	● ● ●	● ●	● ●	● ●	3 mm	10 - 30°C	Sow in pots or direct
Parsnip	● ●	● ● ● ●	● ● ● ●	● ● ●	● ● ●	● ● ●	● ● ● ●	● ● ● ● ●	● ● ● ●	● ●	● ●	● ●	10 mm	10 - 22°C	Sow Direct
Potato Tubers			●	● ●	● ● ●	●	● ●	● ● ● ●	● ● ● ●	● ● ●	●	●	150 mm		Plant tubers direct
Peas	●	● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ●	● ●	● ●	●			20 mm	5 - 25°C	Sow direct
Pumpkin	● ● ●	● ● ● ●	● ●	●	●	●	● ●	● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	10 mm	18 - 35°C	Sow in pots or direct, grow up trellis to save space



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Radish	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	10 mm	8 - 30°C	Sow direct, thin seedlings if needed
Rocket		● ●	● ● ● ●	● ● ●	● ● ●	●	●	● ● ●	● ● ● ●	● ● ● ●	● ● ●		3 mm	15 - 20°C	Sow direct
Rosella	● ● ●	● ● ●	● ● ●	●	●	●	●	●	● ● ● ●	● ● ● ●	● ● ● ● ●	● ● ● ● ●	10 mm	25 - 35°C	Sow direct or in pots
Salsify	● ● ●	● ● ● ●	● ● ● ●	● ●	●	●	●	● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	5 mm	10 - 30°C	Sow direct
Shungiku	● ● ●	● ● ● ●	● ● ● ●	● ● ● ●				● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ●	6 mm	15 - 25°C	Sow direct or in pots
Silverbeet /Swiss Chard	● ● ●	● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ●	● ● ● ●	● ● ●	● ● ● ●	● ● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	15 mm	10 - 30°C	Sow direct or in pots
Snake Bean	● ● ● ●	● ● ● ●	● ●	● ●	●	●	●	● ●	● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ●	15 mm	20 - 30°C	Sow direct
Spinach		● ●	● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ●	● ● ●	● ● ●		●		10 mm	5 - 25°C	Sow direct or in pots



This chart is to help gardeners plan their seed planting throughout the year and be a useful starting point. Be aware that within every climate zone there will be varying microclimates and seasonal differences. We recommend, monitoring temperatures and conditions in your back yard, comparing experiences with other gardeners in your area as well as keeping a garden diary. Starting seedlings in pots in a greenhouse or inside can help those in cool climates get a head start growing summer varieties such as tomatoes and chillis. For more seed starting tips go to our website www.thrivesustainability.com.au

Name	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Depth	Temp	Grow notes
Spinach - Lagos													5mm	25 - 30°C	Sow in pots or direct, perennial in tropics
Spinach - Perpetual													15 mm	10 - 30°C	Sow direct or in pots
Spring Onion													5 mm	15 - 25°C	Sow direct or in pots
Squash													10 mm	18 - 35°C	Sow in pots or direct, grow up trellis to save space
Stocks													3 mm	18 - 22°C	Sow in pots or direct
Strawberry													0 - 1 mm	15 - 20°C	Surface sow, germination is triggered by light
Sunflower													10 mm	20 - 30°C	Sow direct



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Name	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Depth	Temp	Grow notes
Swede													10 mm	15 - 30°C	Sow direct
Sweet Pea													25 mm	13 - 20°C	Sow direct
Tomatillo													4 mm	20 - 28°C	Start in pots grow more than one to help pollination/ fruit set
Tomato													5 mm	20 - 28°C	Start in pots if early in season or direct
Turnip													8 mm	8 - 25°C	Sow direct and thin out seedlings if needed
Warrigal Greens													10 mm	25 - 30°C	Sow direct or in pots
Watermelon													10 mm	18 - 35°C	Sow in pots or direct space 80cm apart



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Name	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Depth	Temp	Grow notes
Winged Pea - Asparagus Pea	● ● ●	● ● ●	● ● ●	●	●	●		● ●	● ● ●	● ● ●	● ● ●	● ● ●	20 mm	15 - 20°C	Sow direct or start in pots in cooler climates
Zucchini	● ● ●	● ● ●	● ● ●	●	●	●	● ●	● ● ●	● ● ●	● ● ●	● ● ●	● ● ●	20 mm	20 - 35°C	Sow in pots or direct



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