



Grow Your Own Course – Autumn/Winter Planting Guide

	Crop	Variety – What to Look for	Seed or Seedling	Notes
March	Cauliflower	Early harvest varieties	Seed, indoors	Start inside, then we will pot them up before planting out into the garden in late April
	Broccoli	Green (not purple sprouting)	Seed, indoors	
	Cabbage	Small head – or early harvest varieties	Seed, indoors	
	Silverbeet	No Preference	Seed, direct in garden	2–4 plants is plenty
	Radish	Globe / Round Varieties	Seed, direct in garden	Plant every 5 weeks if you like ‘em
	Coriander	Look for a slow bolting variety	Seed, direct in pot	Grow in a pot, so you can move it to a warmer spot from May
April	Sweet Peas	Old Fashioned varieties have the best fragrance	Seed, direct in garden	Require a teepee or obelisk to climb on. Plant well away from food crops.
	Bok Choy	No Preference	Seed, direct in garden	Or Pak Choy, Bok Choi
	Rocket	No Preference	Seed, direct in garden	–
	Spring Onion	No Preference	Seedlings or Seed	–
	Kale	Tuscan	Seedling (can buy in single punnets)	<i>Optional</i> – you will need 50cm square to grow one
	Beetroot	No Preference	Seedlings or Seed	<i>Optional</i> – only if you have room
May	Carrots	No Preference	Seed, direct in garden	Look for a “seed tape” rather than loose seeds
	Peas/Snow Peas	No Preference	Seed, direct in garden	Requires a teepee, frame, strings or obelisk to climb on.
	Spinach	No Preference	Seed, direct in garden	–
	Mizuna	No Preference	Seed, direct in garden	Plant a small block at a time
	Edible Flowers	Nasturtium, violets, calendula, sweet william	Seedlings or Seed	Refer separate lesson for list
	Parsley	Flat Leaf Italian	Single potted plant	Replant into a larger pot
June	Radish	Globe / Round Varieties	Seed, direct in garden	Only replant if you like them!
	Parsnip	No Preference	Seed, direct in garden	Optional – only if you like eating them!
	Lettuce	No Preference	Seedlings or Seed	–
	Endive	No Preference	Seedlings or Seed	–
July	Broad Beans	Coles Dwarf –require less staking/support	Seed, direct in garden	Require a 50cm x 50cm block of soil
	Spring Onion	No Preference	Seedlings	
August (Bonus Lessons)	Potatoes	No Preference	Seed, direct in garden	You will need a new bed, or a growing bag
	Silverbeet	No Preference	Seed, direct in garden	To keep up supply
	Tomatoes	Tommy Toe, Mortgage Lifter or Black Russian	Seed, indoors	Start in September, plant out in October