



# SUMMER VEGETABLE planting guide



Spring and summer offer a myriad of delicious vegetables you can easily grow in your garden. We've put together a planting guide to help you with what to plant when and where.

You can sow your own seeds into seed trays indoors or directly into the garden, depending on the vegetable. As a rule of thumb, plant the seed as deep as the size of the seed, so a 1 cm size seed should be planted 1 cm deep. If you are planting tiny seeds such as lettuce or radish, just sprinkle the seeds in a line and cover lightly with Daltons Seed Raising Mix. Alternatively you can purchase seedlings from your local gardening centre.

For more gardening advice, read our How to Grow Summer Vegetables guide at [www.daltons.co.nz](http://www.daltons.co.nz).

VEGETABLE	Sowing time (warm)	Plant out (warm climate)	Sowing time (cool)	Plant out (cool climate)	Spacing between plants*	Harvest in*	Notes
<b>Beans**</b>	Direct sow Oct	Direct sow Oct to March**	Direct sow late Oct	Nov onwards	5-6cm	Throughout summer	Plants require a support structure to grow up unless growing dwarf varieties.
<b>Capsicum</b>	Sow in seed trays from Sept	From late Oct	Sow in seed trays from Oct	From late Nov	10-12cm	Harvest throughout summer as capsicums ripen	
<b>Carrots**</b>	Direct sow any time of year	Throughout the year	Direct sow any time of year	Throughout the year	3cm	60-90 days	Rotate crop position in garden each year.
<b>Courgettes</b>	Sow in seed trays from Sept	October	Sow in seed trays from late Sept	Late Oct /early Nov	40cm	Throughout summer/ into autumn	
<b>Cucumber</b>	Sow in seed trays from Sept	Late Oct	Sow in seed trays from late Sept	Late Oct /early Nov	20cm	Throughout summer	
<b>Eggplants/ aubergine</b>	Sow in seed trays from Oct	Nov	Sow in seed trays from Oct	Nov	30cm	Feb onwards	
<b>Lettuce/salad greens**</b>	Direct sow any time of year	Throughout the year	Direct sow any time of year	Throughout the year	10cm	6-8 weeks	Easy to grow
<b>Tomatoes</b>	Sow in seed trays in Sept	Mid/late Oct	Sow in seed trays late Sept/ early Oct	Early Nov	40cm	Throughout summer	
<b>Onions</b>	Direct sow anytime of year	Throughout the year	Direct sow any time of year	Throughout the year	3cm	Throughout the year	
<b>Peas</b>	Direct sow in any time of year	Throughout the year	Direct sow in any time of year	Throughout the year	10cm	Throughout the year	Peas prefer winter but can be grown all year round. Plants require support structure to grow up unless growing dwarf varieties.
<b>Potato</b>	Use seed potato	Throughout the year	Use seed potato	Throughout the year	30cm	Throughout the year	
<b>Pumpkin</b>	Direct sow in late Sept	From late Oct	Direct sow in summer	From early Nov	40-50cm	Late summer	
<b>Radish**</b>	Direct sow any time of year	Throughout the year	Direct sow any time of year	Throughout the year	2cm	4-5 weeks after sowing throughout the year	Easy to grow
<b>Rocket</b>	Direct sow any time of year	Throughout the year	Direct sow any time of year	Throughout the year**	7-9cm	Throughout the year**	
<b>Spring onions (Scallions) **</b>	Direct sow any time of year	Throughout the year	Direct sow any time of year	Throughout the year	1-2cm	Throughout the year	Easy to grow
<b>Sweetcorn</b>	Direct sow in mid-late Oct	From Nov	From late Nov	Late Nov	15cm	Feb/March	Easy to grow

\* Dependent on variety. \*\*Use succession planting for continuous supply.

Please note: This information is a guide only, always check your seed packets or purchased seedling instructions before planting.