

Winter Vegetable Planting Guide

Although the months are colder, there are still plenty of vegetables you can grow over winter to keep your family stocked up. If space is an issue many can be grown in pots or containers. 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 1cm size seed should be planted 1cm deep. If you are planting tiny seeds such as carrots 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 and plant them out as below.

VEGETABLE	Sowing time (warm)	Plant seedlings (warm climate)	Sowing time (cool)	Plant seedlings (cool climate)	Spacing between plants*	Harvest in* (Approx)	Notes
Broad beans	Direct sow from April	From May	Direct sow from April	From May	15-25cm. Rows 60-75cm	90-120 days	Provide support to at least 1m high. Pick frequently. When in full flower pinch out tips to help pods fatten up and discourage blackfly. Harvest early for sweet tender beans.
Broccoli**	Sow in seed trays from February	From March, early April	Sow in seed trays from February	From early April	40-60cm	60-90 days	Plant in succession; 3-4 plants every three weeks throughout season for continuous crop. Cut heads when tight and don't eat once flowers appear. Some varieties have side sprouts you can pick as needed eg Brocolini.
Brussels Sprouts	Sow in seed trays from March	From late April	Sow in seed trays from March	From late April	90cm	85-95 days	Does better in cooler climates. Support plants with stakes if required. Crops for 2-3 months pick lower sprouts first and carefully remove to encourage next crop.
Cauliflower	Sow in seed trays from February	From late March	Sow in seed trays from February	From late March	50-75cm	70-120 days	Harvest when heads are white and firm.
Carrots**	Direct sow any time of year	Throughout the year	Direct sow any time of year	Throughout the year	Thin seedlings to 5-7cm apart. Rows 15cm apart.	60-90 days	Harvest before they grow too big. Rotate crop position each year.
Kale (Brocole)	Direct sow any time of year	Throughout the year	Direct sow any time of year	Throughout the year	40-50cm. Rows 50cm apart.	50-65 days	A very hardy winter plant. Pick as needed. Can pick small side shots when approx 10cm.
Leeks	Sow in seed trays from late January into February	From early March	Sow in seed trays from late January into February	From early March	15-20cm apart	105-140 days	Harvest when stems are approximately 2cm thick.
Onions	Direct sow any time of year	Throughout the year	Direct sow any time of year	Throughout the year	3cm apart. Rows 30cm apart.	90-120 days	Harvest when green tops fall over and start yellowing.
Pak Choy (Asian greens)**	Direct sow any time of year	Throughout the year	Direct sow any time of year	Throughout the year	Plant 20-30cm apart.	45-80 days	Fast growing. Likes plenty of water. Grows best in cooler conditions. Pick leaves when young and tender or harvest whole plant.
Peas**	Direct sow in any time of year	Throughout the year	Direct sow in any time of year	Throughout the year	10cm	65-80 days	Tall varieties grow approx 1.5m high, semi dwarf approx 1m and dwarf approx.5m high. Provide strong support for climbing varieties. Harvest when pods are 7-8cm long. Pick regularly to encourage cropping.
Radish**	Direct sow any time of year	Throughout the year	Direct sow any time of year	Throughout the year	2cm	4-5 weeks	Easy to grow.
Silverbeet (Swiss Chard)**	Direct sow from February onwards	From late February, early March	Direct sow from February onwards	From late February, early March	25-40cm	50-85 days	Cold and heat tolerant. Water regularly. Harvest leaves as needed. Take outer leaves first to encourage new growth.
Spinach	Direct sow any time of year	Throughout the year	Direct sow any time of year	Throughout the year	30-60cm	60-70 days	Harvest leaves as needed. Take outer leaves first to encourage new growth.
Spring onions (scallions/ bunching onions)	Sow in seed trays from late January/February	From early March	Sow in seed trays from late January/February	From early March	Plant close together in bunches, or 10cm apart for larger bulb growth. Rows 10cm apart.	60-90 days	Reasonably cold tolerant. Do not over water. Harvest as and when needed.

* Dependent on variety.

**Use succession planting for continuous supply. This means planting out new seedlings every fortnight depending on the variety.

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



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