

General sowing guide for vegetables in South Africa

Vegetable types	Botanical name	1	2	3		4	5		6	7	Plants per hectare	Av. Yield per hectare (ton)	Seeds/gram	Sowing Depth (mm)	Spacing		Maturity (days)	Harvest Period (days)	Nutritional value
				Highveld	Lowveld		Inland	Coastal							In Rows (cm)	Between Rows (cm)			
Broccoli	<i>Brassica oleraceae var. cymosa</i>	Dec-Feb	Jan-Feb	Mar	Feb-Mar	Dec-Feb	Dec-Mar	Feb-Mar	Dec-Jan	Dec-Jan	20 000 - 40 000	8 -15	200	20	45	60	65 - 120	14	Vit A, Vit C, Calcium, Fibre
Brussels sprouts	<i>Brassica oleraceae var. cymosa</i>	Jan-Feb	Jan-Feb	Jan-Feb	Jan-Feb	Jan-Feb	Jan-Feb	Jan-Feb	Jan-Feb	Jan-Feb	27 000 - 40 000	14 - 17	200	10	50	90	120 - 150	14 - 20	Vit C, Folic acid, Fibre
Cabbage	<i>Brassica oleraceae var. capitata</i>	Aug-Sep	Feb-Apr Aug-Oct	Feb-Jun	Feb-Apr Jul-Aug	Nov-Dec	Aug-Apr	Feb-Apr Jul-Aug	Nov-Feb	Nov-Apr	30 000 - 40 000	60 - 80	220	20	35-50	50-70	70 - 160	35	Vit C, Calcium, Fibre
Cabbage (Chinese)	<i>Brassica pekinensis</i>	Feb-Mar	Feb-Mar	Feb-Mar	Feb-Mar	Feb-Mar	Feb-Mar	Feb-Mar	Feb-Mar	Feb-Mar	16 000 - 40 000	80	220	10	45-60	90	70 - 165	35	Calcium, Vit A
Carrot	<i>Daucus carota</i>	Aug-Feb	Sep-Apr	Feb-Aug	Feb-Aug	Aug-Oct Jul-Aug	Aug-Apr	Feb-Apr Jul-Aug	Jul-Apr	Aug-Nov Jan-Mar	200 000 - 1 000 000	25 - 50	700	10	5	30-40	70 - 120	90 - 120	Vit A
Cauliflower (early)	<i>Brassica oleraceae var. botrytis</i>	Nov-Dec	Dec-Jan	Jan-Feb	Jan-Feb	Nov-Dec	Dec-Feb	Dec-Feb	Dec-Jan	Nov-Dec	16 000 - 40 000	16 - 20	250	10	45	60-100	70 - 145	21	Vit C, Folic acid, Fibre
Cauliflower (Main crop)	<i>Brassica oleraceae var. botrytis</i>	Dec-Feb	Feb-Mar	Feb-Mar	Feb-Mar	Jan-Feb	Dec-Mar	Feb-Mar	Dec-Mar	Dec-Jan	16 000 - 40 000	16 - 20	250	10	45	60-100	71 - 145	22	Vit C, Folic acid, Fibre
Cauliflower (Late)	<i>Brassica oleraceae var. botrytis</i>	Jan-Feb	Mar	Mar	Mar	Mar	Mar	Mar	Mar-Apr	Feb-Apr	16 000 - 40 000	16 - 20	250	10	45	100	72 - 145	23	Vit C, Folic acid, Fibre
Celery	<i>Apium graveolens</i>	Sep-Nov	Sep-Oct Feb-Mar	Mar	Feb-Mar	Sep-Oct	Feb-Mar	Feb-Mar	Feb-Mar	Feb-Mar	37 000 - 148 000	30	2000	10	30	60-90	80 - 90	10	Small mineral content, Fibre
Cucumber	<i>Cucumis sativus</i>	Oct-Dec	Aug-Jan	Feb-May	Jan-Mar Jul-Sep	Oct-Dec	Sep-Dec	Jan-Mar Jul-Sep	Jul-Feb	Sep-Dec	12 000 - 16 000	25 - 35	35	20-40	50-70	120-150	55 - 70	30 - 60	Low energy, High water content
Cucumber (Tunnel)	<i>Cucumis sativus</i>	Jan-Dec	Jan-Dec	Jan-Dec	Jan-Dec	Jan-Dec	Jan-Dec	Jan-Dec	Jan-Dec	Jan-Dec	10 000 - 13 000	40 - 60	35	20-40	25 - 35	200	60	60 - 70	Low energy, High water content
Eggfruit	<i>Solanum melongena</i>	Sep-Oct	Aug-Nov	Jul-Dec	Jul-Sep	Sep-Oct	Aug-Oct	Jul-Sep	Aug-Oct	Aug-Oct	22 000 -35 000	25 - 30	230	20-30	50	100-150	70 - 90	30	Small amount of most Minerals and vitamins.
Garden Beans (Broad)	<i>Phaseolus vulgaris</i>	Mar-May	Apr-May	Apr-May	Apr-May	Mar-May	Apr-May	Apr-May	Apr-May	Apr-Jun	150 000 - 500 000	12 - 20	1	50	20-30	90	60 - 80	10 - 20	Vit C, Fibre
Garden Beans (Runner)	<i>Phaseolus vulgaris</i>	Sep-Dec	Sep-Jan	Feb-Apr	Feb-Mar	Sep-Dec	Aug-Dec	Feb-Mar	Oct-Dec	Sep-Jan	60 000 - 120 000	12 - 20	3	40	10	90-120	65 - 85	10 - 20	Vit C, Fibre
Garden Beans (Bush)	<i>Phaseolus vulgaris</i>	Sep-Jan	Sep-Aug	Jul-Sep	Jul-Sep	Sep-Jan	Aug-Jan	Jul-Sep	Oct-Jan	Sep-Feb	150 000 - 500 000	12 - 20	4	40	5	50	60 - 80	10 - 20	Vit C, Fibre
Garden Beetroot	<i>Beta vulgaris var. conditiva</i>	Aug-Mar	Feb-Mar Aug-Oct	Feb-Jul	Feb-Apr Jul-Aug	Aug-Oct	Aug-Apr	Feb-Apr Jul-Aug	Jul-Feb	Jul-Nov Feb-Mar	170 000 - 350 000	25 - 40	55	20	7	20-40	55 - 60	30	Vit A, Vit C, Fibre, Some Iron
Garden Peas	<i>Pisum sativum</i>	Jul-Sep	Jun	Mar-May	Mar-Apr	Jul-Aug	Jun-Jul	Mar-Apr	May-Jul	Apr-Aug	100 000 - 160 000	3 - 5	4	30-70	57	30-45	60 - 120	10 - 20	Iron, Thiamin, Folic acid, Fibre
Kohlrabi	<i>Brassica oleraceae var. caulirapa</i>	Jan-Mar	Feb-Apr	Mar-May	Feb-Apr	Jan-Mar	Feb-May	Feb-Apr	Jan-Mar	Jan-Mar	60 000 - 100 000	30-35	340	10	30	50	60 - 100	30	Vit C
Leek	<i>Allium porrum</i>	Jan-Mar	Feb-Mar	Mar-Apr	Feb-Mar	Jan-Feb	Feb-Mar	Feb-Mar	Feb-Apr	Mar-May	150 000	15 - 25	270	10	10	50	130 - 150	14	Small amount of vitamins and minerals, Sugars
Lettuce, cos	<i>Lactuca sativa</i>	Jan-Feb Aug-Sep	Feb-Sep	Mar-May	Feb-May	Jan-Mar Aug-Sep	Jan-Mar Aug-Sep	Feb-May	Jul-Oct	Aug-May	55 000 - 100 000	25 -30	950	10	30	40-60	65 - 90	21	Potassium, Fibre, Folic acid
Lettuce, head	<i>Lactuca sativa</i>	Jan-Feb Aug-Sep	Feb-Sep	Mar-May	Feb-May	Jan-Mar Aug-Sep	Jan-Mar Aug-Sep	Feb-May	Jan-Apr Jul-Oct	Aug-May	55 000 - 100 000	25 -30	950	10	30	40-60	65 - 90	21	Potassium, Fibre, Folic acid
Lettuce, leaf	<i>Lactuca sativa</i>	Jan-Feb Aug-Sep	Feb-Sep	Mar-May	Feb-May	Jan-Mar Aug-Sep	Jan-Mar Aug-Sep	Feb-May	Jan-Apr Jul-Oct	Aug-May	55 000 - 100 000	25 -30	950	10	30	40-60	65 - 90	21	Potassium, Fibre, Folic acid
Okra	<i>Abelmoschus esculentus</i>	Sep-Oct	Aug-Nov	Jul-Dec	Jul-Sep	Sep-Oct	Aug-Oct	Jul-Sep	Aug-Oct	Aug-Oct	30000	10-11	18-20	2-2.5	45	75	85-95	5-6m	Calcium, Potassium, Vit B6
Onion	<i>Allium cepa</i>	Feb-Mar	Feb-Mar	Mar-Apr	Mar-Apr	Mar-Jul	Feb-Mar	Mar-Apr	Mar-May	Apr-May	500 000 - 800 000	6 - 8 M	300	10-20	7	30-45	6 - 8 m	-	Small amount of vitamins and minerals, Sugars
Onion (pickling)	<i>Allium cepa</i>	Aug-Sep	Aug-Sep	Aug-Sep	Aug-Sep	Sep-Oct	Aug-Sep	Aug-Sep	Aug-Sep	Aug-Sep	5 000 000	8 - 10	300	10-20	7	30	3 m	-	Vit C
Parsley	<i>Petroselinum crispum</i>	Sep-Oct	Aug-Oct	Mar-May	Feb-Apr	Aug-Sep	Aug-Sep	Feb-Apr	Aug-Dec	Mar-Nov	150 000 - 300 000	20 - 25	600	10	10-12	30	70 - 90	2 - 5 m	Vit C, Vit A
Parsnip	<i>Pastinaca sativa</i>	Aug-Oct	Jul-Oct	Dec-Jan	Jan	Jan-Mar	Jul-Sep	Jan	Aug-Oct	Mar-Apr	130 000 - 500 000	12 - 20	200	10	15	50	7 m	10	Carbohydrates and Phosphates
Peppers (Sweet)	<i>Capsicum annuum</i>	Sep-Oct	Aug-Oct	Jul	Aug-Oct	Oct-Nov	Sep-Nov	Aug-Oct	Aug-Oct	Aug-Oct	20 000 - 55 000	25 -35	160	10-30	40-60	90-100	65 - 95	45	Vit C, Vit A, Fibre
Peppers (Under protection)	<i>Capsicum annuum</i>	Jan-Dec	Jan-Dec	Jan-Dec	Jan-Dec	Jan-Dec	Jan-Dec	Jan-Dec	Jan-Dec	Jan-Dec	24 000 - 29 000	60 - 80	160	10-30	30-40	200	65 - 95	3 - 4 m	Vit C, Vit A, Fibre
Peppers (Hot)	<i>Capsicum annuum</i>	Sep-Oct	Aug-Oct	Jul	Aug-Oct	Oct-Nov	Sep-Nov	Aug-Oct	Aug-Oct	Aug-Oct	30 000 - 55 000	4 - 7 (dry)	180	10-30	30-40 30-40	200 200	65 - 95	90	Vit A, Vit C, Vit B6
Pumpkin	<i>Cucurbita moschata</i>	Oct-Dec	Sep-Dec	Oct-Dec	Jan-Mar	Oct-Dec	Sep-Dec	Jan-Mar	Sep-Nov	Sep-Nov	3 000 - 10 000	20 - 30	5	20-50	90	200-270	110 - 170	30 - 40	Vit A, Fibre
Radish	<i>Raphanus sativus</i>	Aug-Nov	Jul-Oct	Feb-Sep	Feb-Apr	Aug-Oct	Aug-Oct	Feb-Apr	Aug-May	Mar-Oct	500 000 - 1 500 000	10	120	20	5	30	25 - 35	21 - 30	Potassium, Vit C
Spring onion	<i>Allium fistulosum</i>	Feb-Mar	Feb-Mar	Feb-Mar	Feb-Mar	Feb-Mar	Feb-Mar	Feb-Mar	Feb-Mar	Jun-Jul	1 000 000	10 - 25	300	50	20	50			Small amount of vitamins and minerals, Sugars
Squash (Baby)	<i>Cucurbita pepo</i>	Oct-Nov	Sep-Jan	Feb-Aug	Jul-Sep	Oct-Nov	Sep-Nov	Jul-Sep	Sep-Dec	Aug-Jan	10 000 - 17 000	20 -25	9	20-50	90	120	50	60	Low energy, High water content
Squash (Butternut)	<i>Cucurbita pepo (moschata)</i>	Sep-Nov	Sep-Jan	Oct-Dec	Sep-Jan	Oct-Nov	Sep-Nov	Jul-Sep	Sep-Dec	Aug-Jan	5 000 - 10 000	20 - 30	10	20-50	60	120-180	85 - 90	21	Vit C
Swiss chard	<i>Beta vulgaris var. flavescens</i>	Aug-Sep	Jul-Oct	Feb-Aug	Feb-Apr	Jan-Mar	Aug-Oct	Feb-Apr	Aug-Oct	Mar-Apr	150 000 - 340 000	15 -20	45	20	20-30	60-90	20 - 30	4 - 5m	Vit A, Vit C
Sweet melon	<i>Cucumis melo</i>	Oct-Nov	Aug-Dec	Jun-Aug	Jul-Sep	Oct-Nov	Sep-Nov	Jul-Sep	Sep-Oct	Sep-Dec	10 000 - 26 000	25 -35	40	20-40	20-30	120-150	80 - 120	28 - 56	Vit C, Vit A, Fibre, Some Iron
Spinach	<i>Spinacia oleraceae</i>	Aug-Apr	Aug-Apr	Feb-Jun	Feb-Apr Jul-Aug	Aug-Apr	Aug-Apr	Feb-Apr Jul-Aug	Aug-Sep	Mar-May	150 000 - 340 000	15 - 20	90	20	20	50-60	4 - 5m	4 - 5 m	Vit A, Potassium
Tomato (Fresh market)	<i>Lycopersicon esculentum</i>	Oct-Nov	Sep-Dec	Feb-Mar	Jan-Mar Jul-Aug	Sep-Nov	Aug-Nov	Jan-Mar Jul-Aug	Aug-Oct	Jul-Sep	10 000 - 16 000	60 - 120	250-350	20-30	40-50	140-200	80 - 120	60	Vit C, Vit A, Fibre
Tomato (Under protection)	<i>Lycopersicon esculentum</i>	Jan-Dec	Jan-Dec	Jan-Dec	Jan-Dec	Jan-Dec	Jan-Dec	Jan-Dec	Jan-Dec	Jan-Dec	24 000 - 29 000	200 - 350	300 - 400	20-30	30-40	200	80 - 120	60 - 180	Vit C, Vit A, Fibre
Tomato (Cherry)	<i>Lycopersicon esculentum</i>	Jan-Dec	Jan-Dec	Jan-Dec	Jan-Dec	Jan-Dec	Jan-Dec	Jan-Dec	Jan-Dec	Jan-Dec	20 000 - 27 000	20 - 40	450-550	20-30	30-40	200	65 - 90	60 - 120	Vit C, Vit A, Fibre
Tomato (Processing)	<i>Lycopersicon esculentum</i>	Oct-Nov	Sep-Dec	Feb-Mar	Jan-Mar Jul-Aug	Sep-Nov	Aug-Nov	Jan-Mar Jul-Aug	Aug-Oct	Jul-Sep	22 000 - 40 000	60 - 120	300-400	20-30	40-50	140-200	90 - 120	14 - 28	Vit C, Vit A, Fibre
Turnip	<i>Brassica rapa</i>	Aug-Sep	Jul-Sep	Feb-Jun	Feb-May	Aug-Sep	Jan-Apr	Feb-May	Jul-Aug	Mar-Nov	200 000 - 400 000	30 -35	400	10	8	50	60 - 100	30	High fibre
Watermelon	<i>Citrullus lanatus</i>	Oct-Nov	Aug-Sep	Jul-Aug	Jul-Sep	Oct-Nov	Sep-Oct	Jul-Sep	Sep-Oct	Sep-Oct	6 000 - 35 000	30 -60	11	50	90	180-240	80 - 90	20 - 30	Vit A, Some Vit C

