



**Free Sow & Grow Seed Planting guide provided by the team at D&H Seed Harvest Co.**

The information contained our guides is general in nature and intended as a basic guide only, it is not specific to varieties, climates, or conditions.

This guide is intended for four Australian regions Cool/Temperate – Arid/Moderate – Subtropical/Warm – Tropical.

Every effort has been taken to ensure the information contained in our guides is as accurate as possible.

If you notice an edit that can be made or would like a product added to the guide please email us at [info@dhseedharvestco.com](mailto:info@dhseedharvestco.com)

**D&H Seed Harvest Co is an Australian Owned & Operated business specialising in locally sourced seed varieties, with packets starting as low as \$1.25.**



**D&H SEED HARVEST CO**

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## Sow & Grow Vegetable Seed Planting Guide

Your region & ideal time to sow each variety					Seed Sowing Depth (mm)	Plant Spacing (cm)	Ideal Row Spacing (cm)	Frost Tolerant/ Frost Sensitive	Sow Seeds Direct / Raise Seedlings & Plant	Estimated Seed Germination Time	Notes
Variety	Cool/ Temperate	Moderate/ Arid	Subtropical/ Warm	Tropical							
<b>Amaranth</b>	September - November	August – March	August – April	March – August	5 mm	50 cm apart	50-80 cm	Sensitive to Frost	Sow Seeds Direct	5-20 days	
<b>Artichoke</b>	September – Nov	August – November	August - November	February – August	6 mm	150-210 cm apart	150-220 cm	Frost Hardy	Sow Seeds Direct	15-25 days	
<b>Asparagus</b>	September – November	August – November	August – November	March – October	10 mm	20-45 cm apart	100 cm	Sensitive to Frost	Sow Seeds Direct	2-0-35 days	
<b>Bean – Broad</b>	March – May August – September	March – July	March – June	April – June	40-50 mm	15-25 cm apart	60-80 cm	Frost Hardy	Sow Seeds Direct	10-20 days	
<b>Bean – Bush</b>	October – January	September - February	August – April	February – October	20-30 mm	7-15 cm apart	40-65 cm	Sensitive to Frost	Sow Seeds Direct	7-15 days	
<b>Bean – Climbing</b>	October – December	September – January	August – April	February – October	20-30 mm	10-30 cm apart	100 cm	Sensitive to Frost	Sow Seeds Direct	7-15 days	
<b>Beetroot</b>	September – April	July – April	February – October	March – June	20-30 mm	5-10 cm apart	30-45 cm	Frost Hardy	Sow Seeds Direct	15-25 days	
<b>Broccoli</b>	November – March	September – April	February – June	March – June	6 mm	30-45 cm apart	40-60 cm	Frost Hardy	Sow Seeds Direct or Raise Seedlings & Plant	15-25 days	
<b>Brussel Sprouts</b>	October – February	December – April	February – June	February – April	6 mm	50-80 cm apart	90 cm	Frost Hardy	Sow Seeds Direct or Raise	6-12 days	



									Seedlings & Plant		
<b>Burdock</b>	September – February	September – April	August – May	February – September	15 mm	60 cm apart	60 cm	Frost Hardy	Sow Seeds Direct or Raise Seedlings & Plant	10-20 days	
<b>Cabbage</b>	August – April	June – April	All Year	February – November	6 mm	40-50 cm apart	50-70 cm	Frost Hardy	Sow Seeds Direct or Raise Seedlings & Plant	6-12 days	
<b>Cabbage Chinese</b>	August – March	July – April	All Year	February – November	6 mm	30 cm apart	40 cm	Frost Hardy	Sow Seeds Direct	6-12 days	
<b>Cape Gooseberry</b>	September - November	August – December	July – March	All Year	4 mm	5 cm apart	110 cm	Sensitive to Frost	Raise Seedlings & Plant	15-30 days	
<b>Capsicum</b>	September – November	August - December	August – March	All Year	4 mm	40-60 cm apart	80-95 cm	Sensitive to Frost	Sow Seeds Direct or Raise Seedlings & Plant	10-20 days	
<b>Carrot</b>	August – March	September - May	February - November	February – September	4 mm	3-8 cm apart	25-35 cm	Sensitive to Frost	Sow Seeds Direct	10-20 days	
<b>Cauliflower</b>	November – April	December – April	January – May	January – April	6 mm	45-70 cm apart	75-85 cm	Frost Hardy	Sow Seeds Direct or Raise Seedlings & Plant	6-12 days	
<b>Celeriac</b>	October – January	September – December	March – October	April - June	4 mm	15-25 cm apart	40-70 cm	Frost Hardy	Raise Seedlings & Plant	12-20 days	
<b>Celery</b>	September – January	September – February	March – October	April – September	4 mm	15-35 cm apart	30-55 cm	Frost Hardy	Raise Seedlings & Plant	15-25 days	
<b>Chilli</b>	September – November	August – December	July – March	All Year	4 mm	40-60 cm apart	80-90 cm	Sensitive to Frost	Sow Seeds Direct or Raise	10-20 days	



									Seedlings & Plant		
<b>Corn – Sweet</b>	October – January	September – January	August – February	All Year	15-25 mm	20-30 cm apart	50-90 cm	Sensitive to Frost	Sow Seeds Direct	6-12 days	
<b>Cress</b>	All Seasons – All regions				4 mm	15 cm apart	15-20 cm	Frost Hardy	Sow Seeds Direct	6-12 days	
<b>Cucumber</b>	October – December	September – February	July – March	February – September	10 mm	40-60 cm apart	100-110 cm	Sensitive to Frost	Sow Seeds Direct	10-15 days	
<b>Eggplant</b>	October – December	September – February	August – March	All Year	4 mm	50-75 cm apart	90 cm	Sensitive to Frost	Sow Seeds Direct or Raise Seedlings & Plant	10-20 days	
<b>Endive</b>	September – November February – March	August – November February – April	March – July	April – June	5 mm	20-30 cm apart	20-35 cm	Frost Hardy	Sow Seeds Direct or Raise Seedlings & Plant	10-20 days	
<b>Kale</b>	January – April	March – June	March – June	April – August	10 mm	40-60 cm apart	50-90 cm	Frost Hardy	Sow Seeds Direct or Raise Seedlings & Plant	6-12 days	
<b>Kohl Rabi</b>	August – March	August – May	March – August	March – August	6 mm	10-20 cm apart	30-40 cm	Frost Hardy	Sow Seeds Direct	6-12 days	
<b>Leek</b>	September – April	August – April	January - May	February – May	4 mm	10-20 cm apart	30-40 cm	Frost Hardy	Raise Seedlings & Plant	10-20 days	
<b>Lettuce</b>	September – March	All year		April – November	5 mm	20-35 cm apart	20-30 cm	Frost Hardy	Sow Seeds Direct or Raise Seedlings & Plant	6-12 days	
<b>Mizuna</b>	August – March	July – August	All year		6 mm	20-30 cm apart	30 cm	Frost Hardy	Sow Seeds Direct or Raise	6-12 days	



									Seedlings & Plant		
<b>Mustard</b>	All Seasons – All regions				6 mm	30-40 cm apart	45 cm	Frost Hardy	Sow Seeds Direct	6-12 days	
<b>Okra</b>	October – December	September – December	August– February	All Year	10 mm	35-60 cm apart	90-12 cm 0	Sensitive to Frost	Sow Seeds Direct or Raise Seedlings & Plant	10-20 days	
<b>Onion</b>	February – September	February – August	February – January	February – May	5 mm	5-15 cm apart	25-40 cm	Frost Hardy	Sow Seeds Direct or Raise Seedlings & Plant	10-20 days	
<b>Parsnip</b>	August – February	July - March	February – September	March – August	5 mm	5-15 cm apart	35-50 cm	Frost Hardy	Sow Seeds Direct	20-30 days	
<b>Pea</b>	January – October	February – September	March – July	March – June	20-30 mm	5-15 cm apart	40-60 cm	Frost Hardy	Sow Seeds Direct	8-16 days	
<b>Pumpkin</b>	October – December	September – December	August – March	February – November	15-20 mm	100-160 cm apart	100-190 cm		Sow Seeds Direct	8-16 days	
<b>Radish</b>	August – June	Any season			15 mm	3-8 cm apart	20-30 cm	Frost Hardy	Sow Seeds Direct	5-10 days	
<b>Rhubarb</b>	September – December	August – January	June – March	June – September	10 mm	40-50 cm apart	40-60 cm	Sensitive to Frost	Sow Seeds Direct or Raise Seedlings & Plant	5-10 days	
<b>Rockmelon</b>	October – December	September – December	July – June	All Year	15 mm	90-125 cm apart	130-160 cm	Frost Hardy	Sow Seeds Direct	8-16 days	
<b>Rocket</b>	September– November February – March	August – November February – March	March – October	All Year	4 mm	30-40 cm apart	30-40 cm	Frost Hardy	Sow Seeds Direct	6-12 days	



<b>Rosella</b>	November – December	September – December	September – March	All year	10-15 mm	40-50 cm apart	90-100 cm	Sensitive to Frost	Raise Seedlings & Plant	10-20 days	
<b>Silverbeet</b>	September – April	September – May	All Year	March - September	10 mm	20-35 cm apart	60 cm	Frost Hardy	Sow Seeds Direct or Raise Seedlings & Plant	10-20 days	
<b>Spinach</b>	February – November	February – September	March – July	April – June	8 mm	25-35 cm apart	40-50 cm	Frost Hardy	Sow Seeds Direct	10-25 days	
<b>Squash</b>	September – December	September – January	August – February	February – November	15 mm	60-100 cm apart	90-100 cm	Sensitive to Frost	Sow Seeds Direct	6-18 days	
<b>Swede</b>	September – November January – April	January – April	January – March	February – April	10 mm	10-20 cm apart	30-50 cm	Frost Hardy	Sow Seeds Direct	6-12 days	
<b>Tomato</b>	September - December	August - December	August – March	February – July	6 mm	40-60 cm apart	50-70 cm	Sensitive to Frost	Raise Seedlings & Plant	10-20 days	
<b>Turnip</b>	September – May	September - May	August – May	March – June	10 mm	7-15 cm apart	20-40 cm	Frost Hardy	Sow Seeds Direct	10-20 days	
<b>Watermelon</b>	September – December	August - December	August – January	February – November	15-18 mm	60-80 cm apart	150-180 cm	Sensitive to Frost	Sow Seeds Direct	6-12 days	
<b>Zucchini</b>	September - December	September - January	August - February	February – September	15-20 mm	50-80 cm apart	80-110 cm	Sensitive to Frost	Sow Seeds Direct	6-18 days	

