

# GROW FOLK 2026 PLANTING CALENDAR

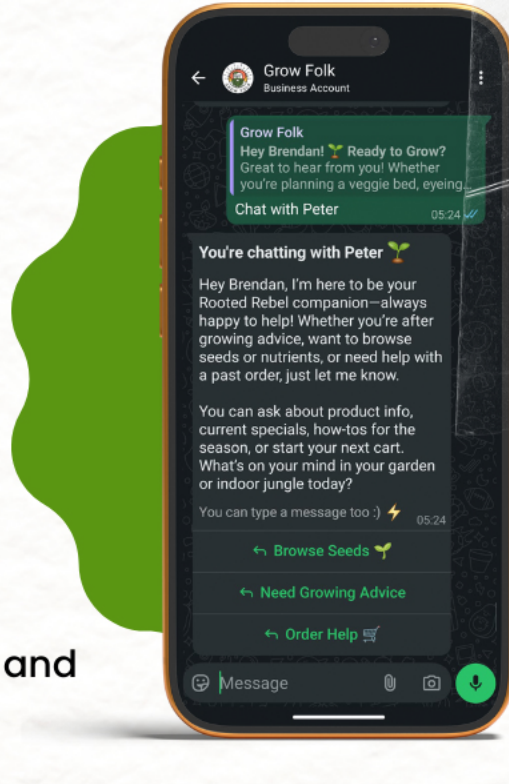


We explore the best plants to grow each month – your perfect guide for home gardening in South Africa.

Hello, Meet Peter 

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### JANUARY



Artichokes, Asparagus, Basil, Beans – dwarf (also French beans, Bush beans), Broccoli, Brussels sprouts, Cabbage, Carrot, Cauliflower, Chilli peppers, Coriander, Leeks, Lettuce, Mint, Okra, Onion, Parsnip, Sage, Spinach, Sunflower, Sweet Potato, Turnip & Watermelon.

### February

Artichokes, Basil, Beans, Beetroot, Cabbage, Cardoon, Carrot, Cauliflower, Celeriac, Garlic, Mint, Onion, Parsley, Radish, Rosemary, Sage, Spinach, Spring Onion, Sunflowers, Swedes, Turnip & Watermelon.



### March

Angelica, Basil, Beans – Climbing, Beetroot, Cabbage, Carrot, Cauliflower, Chives, Collards, Dill, Endive, French Tarragon, Garlic, Kale, Mont, Mizuna, Mustard Greens, Onion, Pak Choy, Parsley, Potato, Radish, Salsify, Spinach, Spring Onion, Sweet Marjoram, Thyme, Turnip

### April

Angelica, Basil, Beans – Climbing & Fava, Beetroot, Cauliflower, Chives, Dill, Endive, French Tarragon, Garlic, Horseradish, Mustard Greens, Onion, Pak Choy, Parsley, Potato, Radish, Salsify, Spinach, Shallots, Spring Onion, Sweet Marjoram, Thyme, Turnip



### May

Angelica, Chives, Daikon, Dill, French Tarragon, Horseradish, int, Mizuna, Mustard Greens, Onion, Oregano, Pak Choy, Parsley, Salsify, Shallots, Sweet Marjoram, Thyme



### June

Chives, Collards, Kales, mint, Mizuna, Onion, Oregano, Pak choy, Parsley, Shallots, Sweet Marjoram



### July

Cape Gooseberry, Chives, Jerusalem Artichokes, Mint, Peas, Shallots, Silverbeets, Snow Peas



### August

Beans – Climbing & Dwarf, Beetroot, Capsicum, Carrot, Chicory, Chives, Corn Salad, Eggplant, Jerusalem Artichokes, Lemon Balm, Lettuce, Marrow, Onion, Peas, Radish, Sage, Shallots, Spinach, Strawberries, Sweet Corn, Tomato, Turnip, Zucchini.



### September

Amaranth, Angelica, Asparagus Pea, Basil, Beans – Climbing & Dwarf, Beetroot, Cape Gooseberry, Capsicum, Carrot, Celery, Chives, Coriander, Cucumber, Dill, Eggplant, Endive, Fennel, French Tarragon, Ginger, Marrow, Onion, Parsley, Potato, Pumpkin, Radish, Rosemary, Sage, Spinach, Squash, Strawberries, Sunflower, Sweet Corn, Sweet Marjoram, Thyme, Tomatillo, Tomato, Turnip Watermelon, Zucchini



### October

Amaranth, Angelica, Asparagus Pea, Basil, Beans – Climbing & Dwarf, Beetroot, Borage, Cape Gooseberry, Capsicum, Carrot, Celery, Chives, Coriander, Cucumber, Dill, Eggplant, Fennel, French Tarragon, Ginger, Lettuce, Okra, Parsley, Potato, Pumpkin, Radish, Rosemary, Sage, Spinach, Squash, Strawberries, Sunflower, Sweet Corn, Sweet Marjoram, Thyme, Tomatillo, Tomato, Turnip Watermelon, Winter Savory, Yam, Zucchini



### November

Amaranth, Angelica, Asparagus Pea, Basil, Beans – Dwarf, Beetroot, Cabbage, Cape Gooseberry, Capsicum, Cauliflower, Celery, Chilli Peppers, Coriander Dill, Eggplant, Fennel, French Tarragon, Ginger, Marrow, Mint, Oregano, Parsley, Pumpkin, Rosemary, Sage, Spinach, Squash, Sunflower, Sweet Corn, Sweet Marjoram, Sweet Potato, Thyme, Tomato, Watermelon, Winter Savory, Zucchini



### December

Angelica, Asparagus, Basil, Beans – Dwarf, Broccoli, Cabbage, Cauliflower, Chilli Pepper, Choko, Coriander, Cowpeas, Cucumber, Mint, NZ Spinach, Okra, Onion, Pumpkin, Rosemary, Sage, Spinach, Squash, Sunflower, Sweet Potato, Thyme, Tomato, Watermelon.



## PLANT, CULTIVATE, THRIVE!

No matter the season, planting the right crops at the right time ensures a thriving and productive garden. By following this monthly guide, you can enjoy a continuous supply of fresh, homegrown produce while contributing to a sustainable and rewarding gardening journey.

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