

# 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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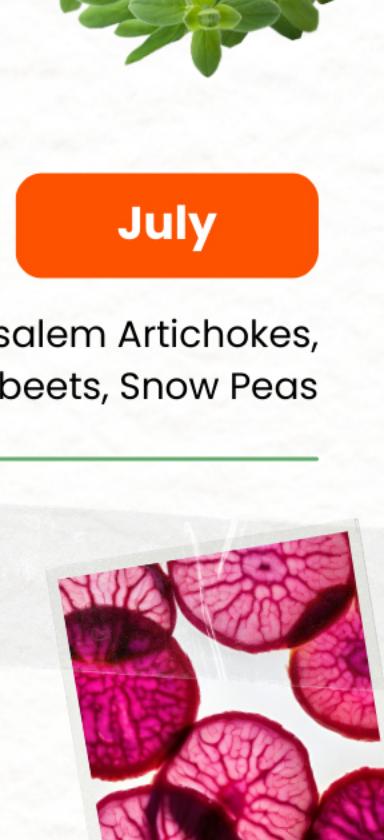
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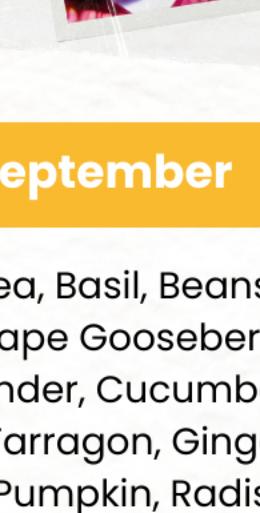
### JANUARY

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



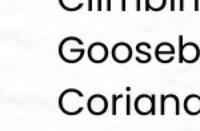
Artichokes, Basil, Beans, Beetroot, Cabbage, Cardoon, Carrot, Cauliflower, Celeriac, Garlic, Mint, Onion, Parsley, Radish, Rosemary, Sage, Spinach, Spring Onion, Sunflowers, Swedes, Turnip & Watermelon.



### 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

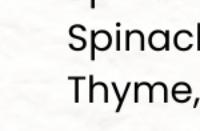


Anfelia, Chives, Daikon, Dill, French Tarragon, Horseradish, int, Mizuna, Mustard Greens, Onion, Oregano, Pak Choy, Parsley, Salsify, Shallots, Sweet Marjoram, Thyme



### June

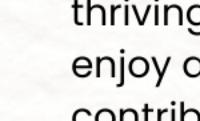
Chives, Collards, Kales, mint, Mizuna, Onion, Oregano, Pak choy, Parsley, Shallots, Sweet Marjoram



### July

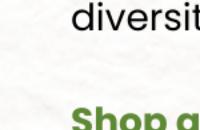


Cape Gooseberry, Chives, Jerusalem Artichokes, Mint, Peas, Shallots, Silverbeets, Snow Peas



### 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, Cucumber, Dill, Eggplant, Endive, Fennel, French Tarragon, Ginger, Marrow, Onion, Parsley, Potato, Pumpkin, Radish, Rosemary, Sage, Spinach, Squash, Sunflower, Sweet Corn, Sweet Marjoram, Thyme, Tomatillo, Tomato, Turnip, Watermelon, Zucchini



### November

Amaranth, Angelica, Asparagus Pea, Basil, Beans – Climbing & Dwarf, Beetroot, Cabbage, Cape

Gooseberry, Capsicum, Carrot, Celery, Chives, Coriander, Cucumber, Cucumber, Dill, Eggplant, Endive, Fennel, French Tarragon, Ginger, Marrow, Mint, Oregano, Parsley, Pumpkin, Radish, Rosemary, Sage, Spinach, Squash, Sunflower, Sweet Corn, Sweet Marjoram, Thyme, Tomato, Watermelon, Winter Savory, Yam, 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.



### January

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.



### February

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.



### March

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.



### April

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.



### May

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.



### June

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.



### July

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.



### August

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.



### September

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.



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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.



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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.

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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