

Gardening Step by Step



Vegetable Gardening Guide and Calendar for USDA Zones 9-10 Gardens

Use this vegetable gardening guide to plan your plot, maximise harvests, and enjoy home-grown veg from early spring through to winter.

The Vegetable Guide

This guide is designed to be read alongside our handy monthly vegetable gardening calendar, which sets out the key sowing, planting and harvesting information on a month-by-month basis. **The calendar starts on page 19 below.**

Key Features of Vegetable Gardening in Zones 9-10:

1. **Year-round Growing Season:** With mild winters and very hot summers, the growing calendar is essentially flipped compared to northern zones. The main growing seasons are fall, winter, and spring, with a slowdown or pause during the intense summer heat.
2. **Two Distinct Planting Windows:** Many vegetables can be grown in both spring and fall plantings, with a summer gap when it's too hot for many crops to thrive.
3. **Winter as Prime Growing Season:** Many cool-season crops that are grown in summer in northern zones are winter crops in zones 9-10, including broccoli, lettuce, peas, and spinach.
4. **Heat Management Critical:** Successful summer gardening requires strategies to manage extreme heat, including shade cloth, appropriate timing, heat-tolerant varieties, and consistent irrigation.
5. **Longer Production Periods:** Heat-loving crops like tomatoes, peppers, and eggplant can produce for extended periods (sometimes 6+ months) with proper care.

Detailed Growing Information

Amaranth (Callaloo)

Sow: Mar-Oct (direct outdoors)

Transplant: Not necessary (direct sow preferred)

Harvest: Year-round, 3-4 weeks after sowing

Popular leafy green in Caribbean and African cuisines. Both leaves and young stems are edible. Heat-loving and thrives during summer when other greens fail. 'Green Callaloo' and 'Red Callaloo' varieties are common. Cut-and-come-again harvesting extends production. Self-seeds readily in warm climates.

Aubergine (Eggplant)

Sow: Dec-Feb (indoors); Feb-Apr (outdoors after soil warms)

Transplant: Feb-Apr (after soil has warmed)

Harvest: May-Nov Eggplants thrive in hot weather.

In zones 9-10, they can produce for extended periods. Plant multiple successions for continuous harvest. Heat-tolerant varieties like 'Florida Market', 'Black Beauty', and 'Ichiban' perform well.

Consider afternoon shade in hottest regions. Disease resistance is important, especially to verticillium wilt.

Beans (Long/Yard-Long/Asparagus Beans)

Sow: Feb-Apr (spring crop); Aug-Sep (fall crop)

Transplant: Not recommended (direct sow)

Harvest: Apr-Jul (spring planting); Oct-Dec (fall planting)

These Asian beans tolerate heat better than common green beans. 'Red Noodle', 'Green Noodle', and 'Thai Purple' yard-long beans thrive in summer heat. Provide trellising for these vigorous climbers. Harvest when pods are pencil-thin for best flavor, usually when 12-18 inches long.

Beans (Bush and Pole)

Sow: Feb-Apr (spring crop); Aug-Sep (fall crop)

Transplant: Mar-Apr (spring seedlings); Sep (fall seedlings)

Harvest: Apr-Jul (spring planting); Oct-Dec (fall planting)

Beans can be grown as both spring and fall crops in zones 9-10, avoiding the extreme heat of midsummer when flowers may drop without setting

pods. Bush beans like 'Contender' and 'Provider' work for spring; 'Romano' and 'Kentucky Wonder' pole beans are good for fall. Provide afternoon shade in hottest areas.

Beetroot (Beets)

Sow: Sep-Mar (direct outdoors)

Transplant: Oct-Mar (if started in cells)

Harvest: Nov-Jun

Beets are grown as a cool-season crop in zones 9-10. Summer plantings generally fail due to heat. Varieties like 'Detroit Dark Red' and 'Chioggia' perform well. Succession plant every 3-4 weeks during the growing season. Heat-tolerant varieties like 'Lutz Green Leaf' can extend the season.

Bitter Melon (Bitter Gourd)

Sow: Feb-Aug (direct outdoors or in pots)

Transplant: When seedlings have 2-3 true leaves

Harvest: 8-12 weeks after sowing

Popular in Asian and Caribbean cuisines. 'Chinese Bitter Melon' (larger, lighter green) and 'Indian Bitter Melon' (smaller, darker green with pointed tubercles) are common types. Requires trellising. Very heat and humidity tolerant. Harvest when fruits are still immature for less bitterness. Thrives during hot summer months.

Broccoli (Calabrese)

Sow: Aug-Feb (outdoors or indoors)

Transplant: Sep-Mar

Harvest: Nov-May

Broccoli is strictly a fall/winter/spring crop in zones 9-10. Summer heat causes bolting and bitter flavor. Heat-tolerant varieties like 'Belstar F1', 'Green Magic', and 'Arcadia' can extend the season. Succession plant for continuous harvest. Provide shade during early fall while temperatures are still high.

Broccoli – Purple Sprouting

Sow: Aug-Oct (outdoors or indoors)

Transplant: Sep-Nov

Harvest: Jan-Apr

Purple sprouting broccoli performs well as a winter crop in zones 9-10. Plant in fall for winter/early spring harvest. Since winters are mild, it often produces earlier than in cooler regions.

Brussels Sprouts

Sow: Aug-Oct (indoors or outdoors)

Transplant: Sep-Nov

Harvest: Dec-Mar

Brussels sprouts need cool weather to develop good flavor. In zones 9-10, they are grown over the winter. Plant in fall for winter harvest. Varieties like 'Churchill' and 'Diablo' perform relatively well in warmer winters. The plants are tall, so protect from wind.

Cabbage – Spring

Sow: Sep-Jan (outdoors or indoors)

Transplant: Oct-Feb

Harvest: Jan-Apr

In zones 9-10, “spring” cabbage is actually grown through the mild winter. Quick-maturing varieties work best. ‘Early Jersey Wakefield’ and ‘Golden Acre’ are good choices. Harvest before warm weather causes splitting.

Cabbage – Summer

Sow: Jan-Feb (outdoors or indoors)

Transplant: Feb-Mar

Harvest: Apr-Jun

Heat-resistant varieties must be used for late spring/early summer harvest. ‘Stonehead’ and ‘Copenhagen Market’ can work if planted early enough to mature before intense heat. Provide afternoon shade in hottest regions.

Cabbage – Red/Savoy (Autumn)

Sow: Jul-Sep (indoors)

Transplant: Aug-Oct

Harvest: Oct-Feb

Fall planting for winter harvest works well in zones 9-10. Red varieties like ‘Ruby Perfection’ and Savoy types like ‘Savoy Ace’ develop good color and flavor in cool winter conditions. These types are more heat-tolerant than other cabbages.

Carrots

Sow: Sep-Mar (direct outdoors)

Transplant: Not recommended (direct sow only)

Harvest: Dec-Jun

Carrots are a cool-season crop in zones 9-10. ‘Danvers’, ‘Nantes’, and ‘Chantenay’ varieties perform well. For hotter regions, ‘Nantes’ types are more heat-tolerant. Shade cloth can extend the season. Keep soil

consistently moist for good germination. Avoid summer planting as heat causes bitter, stunted roots.

Cauliflower – Winter*

Sow: Aug-Oct (indoors or outdoors)

Transplant: Sep-Nov

Harvest: Dec-Mar

Cauliflower is grown as a winter crop in warm zones and can be challenging. Self-blanching varieties like 'Snowball' work well. Plant in fall for winter harvest. Provide shade if temperatures rise during head formation. Heat-tolerant varieties like 'Fremont' and 'Veronica' (romanesco type) perform better in zones 9-10.

Cauliflower – Spring*

Sow: Nov-Jan (indoors or outdoors)

Transplant: Dec-Feb

Harvest: Mar-May

For spring harvest, plant in winter. 'Snow Crown' and other heat-tolerant varieties work best. Harvest before summer heat causes loose, discolored heads. Cauliflower is sensitive to temperature fluctuations, so consistent conditions are important.

Celery*

Sow: Jul-Sep (indoors)

Transplant: Sep-Oct

Harvest: Dec-Apr

Celery is challenging in zones 9-10 but can be grown as a winter crop with attention to consistent moisture and temperature. 'Tall Utah' and

'Conquistador' perform relatively well. Stringiness and bitterness develop quickly in heat, so harvest promptly when mature. Self-blanching varieties are easier for home gardeners.

Chard (Swiss Chard)

Sow: Sep-Apr (direct outdoors)

Transplant: Oct-Apr (if started in cells)

Harvest: Year-round with summer shade

Chard is remarkably adaptable in zones 9-10. It can be grown nearly year-round with afternoon shade and consistent water during summer. 'Bright Lights' and 'Fordhook Giant' are heat-tolerant. Cut-and-come-again harvesting extends production.

Zucchini (Courgettes/Marrows)

Sow: Feb-Apr (spring crop); Aug-Sep (fall crop)

Transplant: Mar-Apr (spring seedlings); Sep (fall seedlings)

Harvest: Apr-Jul (spring planting); Oct-Dec (fall planting)

Zucchini can be grown as both spring and fall crops in zones 9-10, avoiding the extreme heat of midsummer when plants decline. Powdery mildew resistant varieties like 'Dunja' and 'Desert' are recommended. Look for virus-resistant varieties for extended harvest.

Cucumbers

Sow: Feb-Apr (spring crop); Aug-Sep (fall crop)

Transplant: Mar-Apr (spring seedlings); Sep (fall seedlings)

Harvest: Apr-Jul (spring planting); Oct-Dec (fall planting)

Grow cucumbers in spring and fall, avoiding midsummer heat which causes bitterness and plant decline. Heat-tolerant varieties like 'Armenian' and

'Marketmore 76' perform well. Disease resistance is important in humid areas. Trellising improves air circulation and reduces disease.

Garlic

Sow: Oct-Dec (plant cloves)

Harvest: May-Jul

Softneck varieties perform better in zones 9-10 than hardnecks, which need more winter chill. 'California Early', 'California Late', and 'Inchelium Red' are adapted to milder winters. Plant in fall for late spring/early summer harvest.

Kohl Rabi

Sow: Sep-Feb (direct outdoors)

Transplant: Oct-Mar (if started in cells)

Harvest: Nov-May

Kohl rabi is grown as a cool-season crop. 'Early White Vienna' and 'Purple Vienna' mature quickly. Harvest when bulbs are 2-3 inches in diameter to prevent woodiness. Succession plant every 3-4 weeks during the growing season.

Leeks

Sow: Aug-Nov (indoors or outdoors)

Transplant: Sep-Dec

Harvest: Dec-May

Leeks are grown as a winter crop in zones 9-10. Heat-tolerant varieties like 'King Richard' and 'Carentan' perform best. Plant in fall for winter/spring harvest. Consistent moisture produces tender stems. They struggle during summer heat, so harvest before temperatures rise.

Lettuce

Sow: Sep-Mar (direct outdoors)

Transplant: Oct-Mar (if started in cells)

Harvest: Oct-May

Lettuce is strictly a cool-season crop in zones 9-10. Heat causes bitter flavor and bolting. Use heat-tolerant varieties like 'Nevada', 'Jericho', and 'Summer Crisp' for early spring and fall planting. Provide shade as weather warms. Succession plant every 2-3 weeks during the growing season.

Luffa (Loofah)

Sow: Feb-Jul (direct or in pots)

Transplant: When seedlings have 2-3 true leaves

Harvest: For edible use: 4-7 days after flowering; For sponges: when fully mature and dried

Dual-purpose vegetable. Young fruits are edible; mature dried fruits become natural sponges. 'Smooth Luffa' and 'Ridged Luffa' are common varieties. Vigorous vine that needs strong trellising. Very heat and humidity tolerant. Thrives in the long, hot summers of zones 9-10.

Malabar Spinach

Sow: Mar-Sep (direct or in pots)

Transplant: When seedlings have 3-4 true leaves

Harvest: Year-round in zones 9-10, cut-and-come-again

Heat-loving leafy green that thrives when true spinach fails. 'Red Stem' and 'Green Stem' varieties are available. Climbing vine that benefits from trellising. Not related to true spinach but used similarly. Can be perennial in zones 9-10. Excellent summer green when most others have bolted.

Melons

Sow: Feb-Apr (indoors); Mar-Jun (outdoors once soil warms)

Transplant: Mar-May

Harvest: Jun-Oct Melons thrive in the heat of zones 9-10.

Direct seeding works well once soil is warm. Disease resistance is important, especially in humid areas. Try 'Ambrosia' cantaloupe, 'Sugar Baby' watermelon, or 'Honey Dew Green Flesh'. Succession plant for continuous harvest.

Kale

Sow: Sep-Feb (direct outdoors)

Transplant: Oct-Mar (if started in cells)

Harvest: Nov-May Kale is grown as a fall/winter/spring crop in zones 9-10.

Heat-tolerant varieties like 'Lacinato' (Dinosaur) and 'Red Russian' can extend the season. Provide afternoon shade as temperatures rise. Portuguese kale (Tronchuda Beira) is more heat-tolerant than other types.

New Zealand Spinach

Sow: Mar-Sep (direct outdoors)

Transplant: When seedlings have 3-4 true leaves

Harvest: Year-round in zones 9-10

Not true spinach but used similarly. Extremely heat tolerant and thrives in summer when true spinach fails. Can be grown as a perennial in zones 9-10. Harvest young growing tips regularly to encourage bushiness. Excellent substitute for spinach in hot weather.

Okra

Sow: Mar-Jul (direct outdoors when soil is warm)

Transplant: When seedlings have 3-4 true leaves

Harvest: 50-60 days after sowing, continuous through summer and fall

Tropical plant that thrives in hot, humid conditions. 'Clemson Spineless', 'Burgundy', and 'Star of David' perform well. Harvest pods when 2-4 inches long for tenderness. Can grow 6-8 feet tall and produce for many months in zones 9-10. One of the most heat-tolerant vegetables available.

Onions

Sow: Sep-Nov (outdoors or indoors)

Transplant: Nov-Jan

Harvest: Apr-Jun

Use short-day onion varieties in zones 9-10, which form bulbs during the shorter days of winter/early spring. 'Texas Early Grano', 'Yellow Granex' (Vidalia type), and 'Red Creole' perform well. Plant in fall for spring harvest.

Spring Onions (Scallions)

Sow: Sep-Mar (direct outdoors)

Harvest: Year-round with summer shade

Scallions can be grown nearly year-round in zones 9-10 with summer shade and consistent water. 'Evergreen Hardy White' and 'Tokyo Long White' are reliable varieties. Succession plant every 3-4 weeks for continuous harvest.

Parsnips*

Sow: Sep-Nov (direct outdoors)

Transplant: Not recommended (direct sow only)

Harvest: Jan-Apr

Parsnips require cool temperatures for good flavor development. In zones 9-10, they're grown over winter. 'Hollow Crown' and 'Harris Model' are traditional varieties. Germination can be challenging in warm soil; pre-sprouting seeds or mixing with radish seeds can help. They struggle significantly in these zones and require careful timing.

Peas

Sow: Sep-Feb (direct outdoors)

Transplant: Oct-Feb (if started in cells)

Harvest: Nov-May

Peas are a cool-season crop in zones 9-10. Heat causes plants to stop producing. 'Sugar Snap', 'Oregon Sugar Pod II', and 'Little Marvel' perform well. Succession plant every 3-4 weeks during the growing season. Provide trellising for climbing varieties.

Peppers (Sweet & Chilli)

Sow: Dec-Feb (indoors); Feb-Apr (outdoors once soil warms)

Transplant: Feb-Apr

Harvest: May-Nov

Peppers thrive in zones 9-10 and can produce for extended periods. Disease resistance is important, especially in humid areas. 'California Wonder', 'Gypsy', and 'Sweet Banana' are reliable sweet peppers. For hot peppers, 'Jalapeño', 'Cayenne', and 'Ancho/Poblano' perform well. Provide afternoon shade in hottest regions.

Potatoes

Plant: Jan-Feb (spring crop); Sep-Oct (fall crop)

Harvest: Apr-Jun (spring planting); Dec-Feb (fall planting)

In zones 9-10, potatoes are grown as both spring and fall crops, avoiding summer heat. 'Red Pontiac', 'Yukon Gold', and 'Kennebec' perform well. Use certified disease-free seed potatoes. Mulch heavily to keep soil cool.

Pumpkins/Squash

Sow: Feb-Apr (spring crop); Jul-Aug (fall crop)

Transplant: Mar-Apr (spring seedlings); Aug-Sep (fall seedlings)

Harvest: Jun-Aug (spring planting); Oct-Dec (fall planting)

Winter squash and pumpkins can be grown as both spring and fall crops in zones 9-10. For spring planting, try 'Buttercup', 'Butternut', and 'Sugar Pie' pumpkins. Disease resistance is important in humid areas. Provide plenty of space for vining types or choose bush varieties for small gardens.

Radish

Sow: Sep-Apr (direct outdoors)

Harvest: Year-round with summer shade

Radishes mature quickly and can be grown throughout the cooler months. 'Cherry Belle', 'French Breakfast', and 'White Icicle' are good choices. Heat causes pithiness and strong flavor. Succession plant every 1-2 weeks during the growing season.

Rocket (Arugula)

Sow: Sep-Mar (direct outdoors)

Harvest: Oct-May

Arugula is a cool-season crop in zones 9-10. Heat causes bitter flavor and bolting. 'Astro' and 'Sylvestra' (wild arugula) are good varieties. Provide shade as weather warms. Succession plant every 2-3 weeks during the growing season.

Roselle (Sorrel/Hibiscus)

Sow: Mar-Jun (direct or in pots)

Transplant: When seedlings have 4-5 true leaves

Harvest: Calyces: 3-4 weeks after flowering; Leaves: throughout growing season

Grown for edible calyces (used for teas, drinks, and preserves) and leaves. 'Thai Red' and 'Victor' are productive varieties. Plants grow 4-7 feet tall. Extremely heat tolerant and resistant to most pests. Perfect for southern portions of zones 9-10.

Spinach*

Sow: Sep-Feb (direct outdoors)

Harvest: Oct-Apr

True spinach is strictly a cool-season crop in zones 9-10 and extremely challenging in summer when it immediately bolts. 'Bloomsdale' and 'Space' are reliable varieties for the cooler months. For summer "spinach," grow heat-tolerant alternatives like Malabar spinach or New Zealand spinach, which aren't true spinach but provide similar greens.

Sweet Corn

Sow: Feb-Apr (spring crop); Jul-Aug (fall crop)

Transplant: Mar-Apr (spring seedlings); Aug-Sep (fall seedlings, though direct sowing preferred)

Harvest: May-Jul (spring planting); Oct-Dec (fall planting)

Sweet corn can be grown as both spring and fall crops in zones 9-10. 'Silver Queen', 'Honey 'n Pearl', and 'Sweet G-90' perform well. Plant in blocks rather than rows for better pollination. Successive plantings every 2-3 weeks extend harvest.

Sweet Potatoes

Plant: Mar-Jun

Harvest: 3-5 months after planting

Grow from slips (rooted sprouts) or vine cuttings. 'Beauregard', 'Jewel', and 'Georgia Jet' perform well in zones 9-10. Can be grown continuously in rotation. Both roots and young leaves/shoots are edible. Very heat and humidity tolerant.

Tomatoes

Sow: Dec-Feb (indoors); Feb-Apr (outdoors after soil warms)

Transplant: Feb-Apr (spring crop); Aug-Sep (fall crop)

Harvest: May-Jul (spring planting); Oct-Dec (fall planting)

In zones 9-10, tomatoes are grown as both spring and fall crops, with a summer gap when heat causes blossom drop and poor fruit set. Heat-tolerant varieties include 'Solar Fire', 'Heatwave II', and 'Arkansas Traveler'. Cherry tomatoes like 'Sweet 100' and 'Sungold' often produce longer into hot weather. Disease resistance is critical, especially to Fusarium, Verticillium, and nematodes. For fall planting, choose early-maturing varieties.

Turnips

Sow: Sep-Feb (direct outdoors)

Harvest: Nov-Apr

Turnips are grown as a cool-season crop. 'Purple Top White Globe' and 'Tokyo Cross' mature quickly. Harvest when small (2-3 inches) for tender roots. Succession plant every 3-4 weeks during the growing season. Turnip greens can be harvested even before roots form.

Swedes (Rutabaga)

Sow: Sep-Nov (direct outdoors)

Harvest: Dec-Mar

Rutabagas need cool temperatures for good flavor development. In zones 9-10, they're grown over winter. 'American Purple Top' and 'Laurentian' are reliable varieties. They take longer to mature than turnips but store better. More challenging than turnips in these zones due to their longer growing season and heat sensitivity.

*Vegetables to Approach with Caution in Zones 9-10

The following vegetables require special attention or specific timing in zones 9-10:

- **Celery/Celeriac:** Extremely challenging outside the coolest months; stringiness and bitterness develop quickly in heat
- **Parsnips:** Difficult germination in warm soil; flavor development requires consistent cool temperatures
- **Spinach:** True spinach bolts almost immediately in warm weather; use heat-tolerant alternatives for summer
- **Cauliflower:** Very temperature sensitive; choose heat-tolerant varieties and provide consistent conditions

The Vegetable Gardening Calendar

This calendar organises gardening activities throughout the year:

- Winter months (December-February) focus on cool-season crops and starting seeds for spring planting
- Spring (March-May) transitions from cool-season to warm-season crops
- Summer (June-August) maintains heat-loving crops while preparing for fall planting
- Fall (September-November) brings a second major planting window as temperatures moderate

This guide should provide gardeners in hot southern zones with the specific information needed to make the most of their unique growing conditions, focusing on appropriate timing and variety selection to work with the climate rather than against it.

January

Sow Indoors:

- Aubergine (Eggplant)
- Peppers (Sweet & Chilli)
- Tomatoes

Sow Outdoors:

- Amaranth (Callaloo) – in protected areas or southern zone 10
- Beetroot
- Broad Beans (Fava) – final sowings
- Broccoli (Calabrese)
- Cabbage (Spring)

- Carrots
- Cauliflower (Spring)
- Kale
- Kohl Rabi
- Lettuce
- Malabar Spinach – in southern zone 10
- New Zealand Spinach – in southern zone 10
- Peas
- Radish
- Rocket
- Spinach
- Turnips

Plant Outdoors:

- Onion sets
- Potatoes (spring crop)

Transplant:

- Broccoli (Calabrese)
- Cabbage (Spring)
- Cauliflower (Winter)
- Lettuce
- Onions (from fall sowings)

Harvest:

- Broad Beans (fall plantings)
- Broccoli (Purple Sprouting)

- Brussels Sprouts
- Cabbage (Red/Savoy from fall planting)
- Carrots (winter crop)
- Cauliflower (Winter)
- Chard
- Kale
- Lettuce
- Malabar Spinach (protected areas)
- New Zealand Spinach (protected areas)
- Peas (fall planting)
- Radish
- Rocket
- Spinach
- Turnips

February

Sow Indoors:

- Aubergine (Eggplant) – final sowings
- Courgettes/Marrows (Zucchini) – early
- Cucumbers – early
- Melons – early
- Peppers (Sweet & Chilli) – final sowings
- Pumpkins/Squash – early
- Tomatoes – final sowings

Sow Outdoors:

- Amaranth (Callaloo)
- Beetroot – final spring sowings
- Bitter Melon – early sowings
- Broccoli (Calabrese) – final spring sowings
- Carrots – final spring sowings
- Chard
- French/Runner Beans – early sowings
- Kale – final spring sowings
- Kohl Rabi – final spring sowings
- Lettuce – final spring sowings
- Luffa – early sowings
- Malabar Spinach
- New Zealand Spinach
- Peas – final spring sowings
- Radish
- Rocket – final spring sowings
- Spinach – final spring sowings
- Sweet Potatoes – prepare slips
- Turnips – final spring sowings
- Yard-Long Beans – early sowings

Plant Outdoors:

- Potatoes (spring crop) – final plantings

Transplant:

- Aubergine (early plantings in warmer areas)
- Broccoli (Calabrese) – final spring transplants
- Cabbage (Spring) – final transplants
- Cauliflower (Spring)
- Lettuce – final spring transplants
- Peppers (in warmer areas)
- Tomatoes (in warmer areas)

Harvest:

- Broad Beans
- Broccoli (from fall planting)
- Brussels Sprouts – final harvest
- Cabbage (from fall planting)
- Carrots (winter crop)
- Cauliflower (Winter)
- Chard
- Kale
- Lettuce
- Malabar Spinach
- New Zealand Spinach
- Peas (fall planting)
- Radish
- Rocket
- Spinach
- Turnips

March

Sow Outdoors:

- Amaranth (Callaloo)
- Aubergine (direct in warm soil)
- Beans (Bush and Pole)
- Bitter Melon
- Courgettes/Marrows (Zucchini)
- Cucumbers
- French/Runner Beans
- Luffa
- Malabar Spinach
- Melons
- New Zealand Spinach
- Okra
- Peppers (direct in warm soil)
- Pumpkins/Squash
- Roselle (Sorrel/Hibiscus)
- Sweet Corn (early planting)
- Sweet Potatoes (plant slips)
- Tomatoes (direct in warm soil)
- Yard-Long Beans

Transplant:

- Aubergine (Eggplant)

- Courgettes/Marrows (Zucchini)
- Cucumbers
- Melons (late month)
- Peppers (Sweet & Chilli)
- Tomatoes

Harvest:

- Beetroot (winter crop) – final harvests
- Broad Beans
- Broccoli (from fall planting) – final harvests
- Cabbage (Spring)
- Carrots (winter crop) – final harvests
- Cauliflower (Spring)
- Chard
- Kale – final harvests of winter crop
- Lettuce – final harvests of winter crop
- Leeks – final harvests
- Malabar Spinach
- New Zealand Spinach
- Peas (winter crop)
- Radish
- Rocket
- Spinach
- Turnips – final winter harvests

April

Sow Outdoors:

- Amaranth (Callaloo)
- Beans (Bush and Pole) – final spring sowings
- Bitter Melon
- Courgettes/Marrows (Zucchini) – final spring sowings
- Cucumbers – final spring sowings
- French/Runner Beans – final spring sowings
- Luffa
- Malabar Spinach
- Melons – final sowings
- New Zealand Spinach
- Okra
- Pumpkins/Squash – final spring sowings
- Roselle (Sorrel/Hibiscus)
- Sweet Corn – main planting
- Sweet Potatoes – final slips planting
- Yard-Long Beans – final spring sowings

Transplant:

- Courgettes/Marrows (Zucchini) – final spring transplants
- Cucumbers – final spring transplants
- Melons – final transplants
- Pumpkins/Squash – final spring transplants

- Sweet Corn

Harvest:

- Amaranth (Callaloo) – early plantings
- Aubergine (early varieties from protected growing)
- Broad Beans – final harvests
- Cabbage (Spring) – final harvests
- Cauliflower (Spring) – final harvests
- Chard
- Garlic (early varieties)
- Malabar Spinach
- New Zealand Spinach
- Peas (winter plantings) – final harvests
- Potatoes (earliest varieties from winter planting)
- Radish – final spring harvests
- Spinach – final spring harvests

May

Sow Outdoors:

- Amaranth (Callaloo)
- Malabar Spinach
- New Zealand Spinach
- Okra – final sowings
- Roselle (Sorrel/Hibiscus) – final sowings
- Sweet Potatoes – final planting

Garden Maintenance:

- Mulch all beds heavily to conserve moisture
- Set up shade cloth for heat-sensitive crops
- Monitor irrigation systems – consistent water is critical
- Trellis or stake tomatoes, cucumbers, and other climbing crops

Harvest:

- Amaranth (Callaloo)
- Aubergine (Eggplant)
- Beans (Bush and Pole)
- Bitter Melon – early plantings
- Carrots – final spring harvests
- Courgettes/Marrows (Zucchini) – beginning
- Cucumbers – beginning
- French/Runner Beans
- Garlic
- Luffa – tender young fruits
- Malabar Spinach
- New Zealand Spinach
- Onions (from fall planting)
- Peas – final spring harvests
- Peppers (Sweet & Chilli) – beginning
- Potatoes (spring crop)
- Roselle – young leaves
- Tomatoes – beginning

- Yard-Long Beans

June

Garden Maintenance:

- Deep water established plants in early morning
- Maintain thick mulch on all beds
- Provide shade for sensitive crops during hottest part of day
- Summer prune tomatoes, removing lower leaves and side shoots as needed

Harvest:

- Amaranth (Callaloo)
- Aubergine (Eggplant)
- Beans (Bush and Pole)
- Bitter Melon
- Courgettes/Marrows (Zucchini)
- Cucumbers
- French/Runner Beans
- Garlic – final harvests
- Luffa – young fruits
- Malabar Spinach
- Melons – early varieties
- New Zealand Spinach
- Okra – beginning
- Onions – final harvests, cure for storage
- Peppers (Sweet & Chilli)

- Potatoes (spring crop) – final harvests
- Pumpkins/Squash (summer varieties)
- Roselle – leaves
- Sweet Corn – early plantings
- Sweet Potatoes – early-planted leaves
- Tomatoes
- Yard-Long Beans

July

Sow Indoors:

- Broccoli (Calabrese) – for fall
- Cabbage (Red/Savoy) – for fall
- Cauliflower (Winter)
- Celery – in cooler areas

Sow Outdoors:

- Amaranth (Callaloo)
- Luffa – final sowings
- Malabar Spinach
- New Zealand Spinach
- Pumpkins/Squash – for fall crop

Garden Maintenance:

- Continue heat management practices
- Start preparing beds for fall planting
- Remove spent spring crops

- Build soil with compost in areas for fall planting

Harvest:

- Amaranth (Callaloo)
- Aubergine (Eggplant)
- Beans (Bush and Pole) – final harvests from spring plantings
- Bitter Melon
- Courgettes/Marrows (Zucchini)
- Cucumbers – late spring plantings
- French/Runner Beans – late spring plantings
- Luffa
- Malabar Spinach
- Melons
- New Zealand Spinach
- Okra
- Peppers (Sweet & Chilli)
- Pumpkins/Squash (summer varieties)
- Roselle – leaves
- Sweet Corn
- Sweet Potatoes – leaves
- Tomatoes
- Yard-Long Beans – final harvests from spring plantings

August

Sow Indoors:

- Broccoli (Calabrese) – for fall, final sowings
- Broccoli (Purple Sprouting)
- Brussels Sprouts
- Cabbage (Spring) – for winter/early spring harvest
- Cabbage (Red/Savoy) – final sowings
- Cauliflower (Winter) – final sowings
- Courgettes/Marrows (Zucchini) – for fall crop
- Cucumbers – for fall crop
- Tomatoes – for fall crop (early varieties)

Sow Outdoors:

- Amaranth (Callaloo) – final sowings
- Beans (Bush types) – for fall crop
- Bitter Melon – final sowings
- Carrots – for winter harvest
- Chard
- French/Runner Beans – for fall crop
- Kale – for fall/winter harvest
- Kohl Rabi – for fall harvest
- Lettuce – for fall harvest
- Malabar Spinach – final sowings
- New Zealand Spinach – final sowings
- Radish – for fall harvest
- Rocket – for fall harvest
- Sweet Corn – for fall crop (quick varieties)

- Turnips – for fall harvest
- Yard-Long Beans – for fall crop

Transplant:

- Sweet Corn – final plantings for fall

Harvest:

- Amaranth (Callaloo)
- Aubergine (Eggplant)
- Beans (Bush and Pole) – final spring harvests
- Bitter Melon
- Courgettes/Marrows (Zucchini) – spring plantings, final harvests
- Cucumbers – spring plantings, final harvests
- French/Runner Beans – spring plantings, final harvests
- Luffa
- Malabar Spinach
- Melons
- New Zealand Spinach
- Okra
- Peppers (Sweet & Chilli)
- Pumpkins/Squash (summer varieties) – final harvests
- Roselle – leaves
- Sweet Corn – final harvests from spring plantings
- Sweet Potatoes – leaves and early plantings
- Tomatoes – spring plantings

- Yard-Long Beans – spring plantings, final harvests

September

Sow Outdoors:

- Beetroot – for winter harvest
- Broad Beans (for winter growing)
- Carrots – final sowings for winter harvest
- Kale – final sowings
- Lettuce – succession sowings for fall/winter
- Malabar Spinach – in protected or warm areas only
- New Zealand Spinach – in protected or warm areas only
- Onions (sets and seeds) – for spring harvest
- Peas – for winter growing
- Radish – succession sowings
- Rocket – succession sowings
- Spinach – for winter harvest
- Spring Onions
- Turnips – final sowings

Transplant:

- Aubergine (Eggplant) – for protected fall growing
- Broccoli (Calabrese) – for fall/winter harvest
- Broccoli (Purple Sprouting) – for winter/spring harvest
- Brussels Sprouts – for winter harvest
- Cabbage (Red/Savoy) – for winter harvest

- Cauliflower (Winter)
- Celery
- Courgettes/Marrows (Zucchini) – for fall crop
- Cucumbers – for fall crop
- French/Runner Beans – for fall crop
- Kale
- Lettuce
- Peppers (Sweet & Chilli) – for protected fall growing
- Tomatoes – for protected fall growing
- Yard-Long Beans – for fall crop

Plant Outdoors:

- Potatoes – for winter harvest (where winters are mild)

Harvest:

- Amaranth (Callaloo)
- Aubergine (Eggplant) – summer crop, final harvests
- Bitter Melon – final harvests
- Courgettes/Marrows (Zucchini) – final harvests from spring plantings
- Cucumbers – final harvests from spring plantings
- French/Runner Beans – final harvests from spring plantings
- Luffa – final young fruits
- Malabar Spinach
- Melons – final harvests
- New Zealand Spinach

- Okra
- Peppers (Sweet & Chilli) – summer crop
- Pumpkins/Squash (winter varieties) – begin harvesting
- Roselle – calyces beginning
- Sweet Corn – final harvests
- Sweet Potatoes – main harvest begins
- Tomatoes – summer crop
- Yard-Long Beans – final harvests from spring plantings

October

Sow Outdoors:

- Broad Beans
- Garlic
- Lettuce (under protection)
- Onions (sets and seeds) – final plantings
- Peas
- Radish (under protection)
- Rocket (under protection)
- Spinach (under protection)

Transplant:

- Cabbage (Spring) – for early spring harvest
- Lettuce – final transplants

Plant Outdoors:

- Garlic
- Shallots

Harvest:

- Amaranth (Callaloo) – final harvests
- Aubergine (Eggplant) – from fall planting
- Beans (fall crop)
- Beetroot (fall planting)
- Bitter Melon – final fruits
- Broccoli (Calabrese) – fall crop
- Carrots (summer sowing)
- Courgettes/Marrows (Zucchini) – fall crop
- Cucumbers – fall crop
- Kale – fall crop
- Lettuce – fall crop
- Malabar Spinach – final harvests
- New Zealand Spinach – final harvests
- Okra – final harvests in cooler areas
- Peppers (Sweet & Chilli) – final harvests
- Pumpkins/Squash (winter varieties) – harvest before frost
- Radish – fall crop
- Rocket – fall crop
- Roselle – calyces
- Sweet Corn – fall crop, final harvests
- Sweet Potatoes – main harvest

- Tomatoes – fall crop
- Turnips – fall crop
- Yard-Long Beans – fall crop

November

Sow Outdoors:

- Broad Beans – final fall sowings
- Peas – final fall sowings
- Radish (protected)
- Rocket (protected)
- Spinach (protected)

Garden Maintenance:

- Add compost to beds
- Mulch perennial vegetables
- Prepare new garden beds for spring
- Set up low tunnels or cold frames for winter protection if needed

Harvest:

- Aubergine (Eggplant) – protected fall plants
- Beetroot – from fall planting
- Broccoli (Calabrese) – fall planting
- Broccoli (Purple Sprouting) – early varieties
- Brussels Sprouts
- Cabbage (Red/Savoy) – from fall planting

- Carrots (fall crop)
- Cauliflower (Winter)
- Celery
- Chard
- Kale
- Lettuce – protected plants
- Okra – final harvests in warmer areas
- Peas – fall planting
- Peppers (Sweet & Chilli) – protected fall plants
- Radish
- Rocket
- Roselle – final calyces
- Spinach
- Sweet Potatoes – final harvests
- Swedes (Rutabaga)
- Tomatoes – protected fall plants
- Turnips
- Yard-Long Beans – final fall harvests

December

Sow Indoors:

- Aubergine (Eggplant) – for spring harvest
- Peppers (Sweet & Chilli) – for spring harvest
- Tomatoes – for spring harvest

Sow Outdoors:

- Broad Beans
- Lettuce (protected)
- Peas
- Radish (protected)
- Rocket (protected)
- Spinach (protected)

Garden Maintenance:

- Review garden journal and plan for spring
- Inventory seeds and place orders for spring
- Maintain cold protection on tender crops if brief freezes are possible
- Monitor winter crops for pests like aphids, which remain active in mild climates

Harvest:

- Beetroot – winter crop
- Broccoli (Calabrese) – fall planting
- Broccoli (Purple Sprouting)
- Brussels Sprouts
- Cabbage (from fall planting)
- Carrots (fall crop)
- Cauliflower (Winter)
- Celery
- Chard

- Kale
- Lettuce – protected growing
- Peas – fall planting
- Potatoes – fall planting in milder areas
- Radish
- Rocket
- Spinach
- Turnips