

Sustain Food Northern Rivers Vegetable growing chart



















































































































































































































































































Approximate period when to plant



Approximate period when to harvest

Vegetable	Summer (Dec - Feb)			Autumn (Mar - May)			Winter (Jun - Aug)			Spring (Sept - Nov)		
	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov
Alfalfa												
Asparagus												
Avocado												
Basil												
Broad Beans												
Beans												
Beetroot												
Bok Choy												
Broccoli												
Cabbage												
Capsicums												
Carrots												
Cauliflower												
Coriander												
Celery												
Chillies												
Corn												

Cucumbers	 	 	 								 	 	
Eggplant/Aubergine										 	 	 	
Garlic													
Leeks	 											 	
Lettuce	 	 	 	 								 	
Mushrooms	 	 	 	 	 	 	 	 	 	 	 	 	
Okra													
Onions													
Parsley													
Parsnip													
Peas													
Potatoes										 			
Pumpkin	 	 	 						 	 	 		
Rocket	 	 	 	 	 	 	 	 	 	 	 	 	
Shallots	 	 	 	 	 	 	 	 	 	 	 	 	
Snow Peas				 	 	 	 	 					
Silverbeet	 	 	 	 	 			 	 	 	 	 	
Spinach - English													
Sweet Potato											 	 	
Tomatoes	 	 	 	 					 	 	 	 	
Zucchini	