



ROBYN FRANCIS

Autumn Planting Guide for an Abundant Winter Garden

For Subtropical Australia
Coastal areas from NSW Mid-North
Coast to QLD Sunshine Coast

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WHAT TO PLANT • MARCH - MAY

VEGETABLES	Weeks to harvesting*	Plant as**	Notes
Beetroot	10-12	DS /Sdlg	Eat leaves as veg green
Broad Beans	18-20	DS	Harvest some tips as leafy green after 10-12 weeks
Bush Beans		DS	Only in frost free warm microclimates this time of year
Broccoli	12-16	Seedling	Leave plants after harvesting main head for small broccoli 'sprouts'. Eat leaves like kale or cabbage.
Cabbage	8-16	Seedling	Sugarloaf is the fastest maturing variety
Carrot	16-20	DS	Sow some radish seeds with carrots, the leaves protect small carrot seedlings. Harvest radish from 6-8 weeks.
Cauliflower	14-24	Seedling	Heavy feeders need good application of compost
Celery	16-22	Seedling	Start harvesting individual outer stems from 10 weeks
Chicory leaf	14-20	Seedling	Bitter green for salads & edible flower
Chinese Cabbages	8-10	Seedling	Hearting varieties e.g. Wongbok, Michahili & Ch broccoli
Ch. Greens/Choys	6-8	DS/Sdlg	Bokchoy, Tatsoi: Replant every 4-6 weeks
Endive Lettuce	8-12	Seedling	
Fennel (bulb)	16-20	Seedling	
Garlic	24-30	Clove	
Kale (all varieties)	8-12	Seedling	Take a leaf or 2 per plant, avoid overharvest
Kohlrabi	8-10	Seedling	Like good soil and compost. Leaves also veg green
Leeks	12-20	Seedling	Don't plant near peas and beans
Lettuce	8-12	Seedling	Open hearting grow fast, Iceberg are slow growing



* **Weeks to harvest** will vary depending on planting from seed or seedling & different varieties ** **DS**=Direct seed into garden / **Sdlg** = abbreviation of Seedling

VEGETABLES	Weeks to start harvest*	Plant as**	Notes
Mizuna	8-12	DS/Sdlg	Great in salads, stir fry, curries, stews & soups
Mustard greens	4-8	DS	Resow every 4-6 weeks for continuous supply
Onion	12-32	Seedling	Good companion for cabbage and cauliflower
Parsnip	18-20	DS	Heavy feeders, harvest over 3-4 months
Peas	12-16	DS	Sugar snap/snow peas and podding peas
<i>Potato</i>	16-20	Tuber	Frost-free areas only
Radish-Daikon	7-12		Harvest over several months. Leaves veg green
Radish (salad/icicle)	6-8	DS	Harvest before they get woody. Eat leaves as veg green
Rainbow Chard	8-12	Seedling	Can continuously harvest for 6-18 months
Rocket	8-12	DS/Sdlg	Replant every 6 weeks for ongoing supply
Salad Burnett	10-12	Seedling	Perennial salad herb
Salsify	16-20	Seedling	Unusual temperate root vegetable
Shallots	12-14	Seedling	Plant in small groups of 4-6 seedlings
Silverbeet	8-12	Seedling	Can continuously harvest for 6-18 months
Sorrel	8-12	Seedling	Great perennial salad green high in Vit C
Spinach (English)	8-10	DS/Sdlg	Can grow rows in between slower veg like cabbage
Swedes	12-16	DS/Sdlg	Eat leaves as veg green
Tomato	12-20	Seedling	Only in frost-free warm microclimates
Turnip	10-12	DS/Sdlg	Eat leaves as green veg



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HERBS	Notes
Angelica	Plant now to use through winter/spring
Dill	Culinary & medicinal
Fennel (tips)	Salad herb & garnish
Chervil	Salad herb & garnish
Chives	Eat leaves in salads - medicinal
Dandelion	Eat leaves in salads - medicinal
Parsley	Source of Vit C, Calcium & Iron
Coriander	Sow again in 6 weeks, save the seeds
Chickweed	winter garden weed, edible & medicinal
Marjoram	Cooking & medicinal herb
Oregano	Cooking & medicinal herb
Rosemary	Culinary herb, don't use medicinally
Sage	Culinary & medicinal herb
Thyme - Garden	Medicinal for coughs & sore throat
Thyme - Lemon	Culinary & medicinal herb
Winter Savory	Culinary & medicinal herb

Edible FLOWERS	Notes
Borage	Eat flowers and tender young leaves
Carnation/Pinks	Petals in salads
Calendula	Petals in salads, medicinal herbs
Edible Chrysanthemum	Eat petals only – not base of flower. Leaves are edible in salads
English Daisy	Use in salads
Hollyhock	Petals in salads & herb teas
Hibiscus	Petals in salads & as garnish
Nasturtium	Flowers & leaves in salads
Pansy	Flowers in salads & garnish
Petunia	Petals in salads
Viola	Flowers in salads

General Tips

Fast Food from the Garden: Early Harvest

Rapid harvest vegies you can start harvesting after 4-5 weeks include Salad & Icicle radish, rocket, open hearting lettuce (e.g. Oak-leaf, Lollo frilly leaf, cos-type etc), kales, silverbeets and chards, leaves of turnip and swede.

IMPORTANT: take only one or 2 leaves per plant every few days while the plants are young so they keep growing strongly. Over-harvesting at this stage can slow them down. It's amazing how a leaf here and a leaf or 2 there from a number of plants soon gives enough for a salad or greens for the cooking pot.

Feed your soil biology

If you only have limited supplies of compost and/or worm castings here's a way to maximise the benefits as a liquid fertiliser, especially if you don't have the equipment for making a full brewed Compost Tea.

NB If you're using town water please fill your bucket and let it stand for 24 hours to let the chlorine evaporate off, otherwise it will kill your beneficial microbes. For an 8-liter bucket of water add 2-3 cups of compost and/or worm castings, add 3 Tbsp of sugar or molasses dissolved in 1 cup warm water. You can also add some yogurt whey or liquid from sauerkraut or kimchee, and add 1 Tbsp liquid kelp if you have any. Aerate the mix for at least half an hour by stirring it in alternating directions. Dilute with equal parts water to spread around the garden. You will need to strain it before using in a watering can. Aerate again if it stands for more than 2 hours .

Companion Planting

There's lots of good information about companion planting your vegies to try out. It's a useful way to maximise diversity in the garden, confuse pests and make the best use of small spaces.

Flowers for Bees, Beneficial bugs and Eating

Plant plenty of flowers to attract bees to pollinate your vegies and to bring in the beneficial insects that love to eat your pests. Check out some of the edible flowers that grow this time of year



Check out my Eight-fold Year Garden Chart

Annual seasonal planner for what to plant and what's in season throughout the year. Based on the Celtic 8-fold year for the southern hemisphere, packed with information. Two different versions available for Temperate climates and for the Sub Tropics.

Wishing you good health and much joy and abundance from your garden, and a surplus to share with others....

Robyn Francis