



# Resources

### Locally Grown Seedlings

- Korito Education
- Oakura Organics



### Organic seed suppliers

- Eco Seeds
- Koanga Institute
- Southland's Seeds
- Setha's Seeds



### Other seed suppliers

- King's Seeds
- Egmont Seed Co.



### Facebook groups and clubs

- Permaculture Taranaki
- Hawera Horticulture Society
- Stratford Herb Club
- NZ Organic Gardening
- Seedsavers Taranaki
- Sustainable Taranaki Community
- Crop Swap Taranaki



### Courses and workshops

- Let's Compost workshops
- Peihana Farm
- Kai Oranga
- Korito Education
- WITT
- Land Based Training
- Roebuck Farm
- Seedsavers Taranaki



Keen to grow your own veggies at home but unsure where to start? In nature, timing is everything. For many gardeners, Spring is the best time to sow your seeds, but it all depends on what you intend to grow. Here are a few key things to have in mind before getting started:

- 1 Check what is best to sow in that time of the year
- 2 Prepare the area for sowing seeds and/or growing seedlings
- 3 Put together a list of vegetables you would like to grow and what seeds you need to purchase
- 4 Find out whether your seeds need to be sown directly into the soil, in trays, or in pots first.

This growing calendar is meant to be useful to start home-grown food adventures for the Taranaki region, specifically in temperate areas.



 Follow **Sustainable Taranaki** to find out about upcoming events and workshops.

Links can be found online here:  
[www.sustainabletaranaki.org.nz/grow-your-own-food](http://www.sustainabletaranaki.org.nz/grow-your-own-food)

# Taranaki growing calendar

KNOW WHAT AND WHEN TO PLANT AS YOU'RE STARTING YOUR VEGGIE GARDEN



SUSTAINABLE TARANAKI  
 TARANAKI TIAKI TAIAO

TSB  
 COMMUNITY TRUST



## Spring (Aug-Sept-Oct)

## Autumn (Feb-Mar-Apr)

## All Year Round

- Capsicum (*rapikama*)
- Chilli (*hirikakā*)
- Onion (*aniana*)
- Rocket (*tākirirangi*)
- Spring Onions (*aniana*)
- Sunflowers
- Tomato (*tōmato*)
- Melon (*mereni*)
- Celery (*herewī*)
- Cucumber (*kūkama*)
- Eggplant
- Zucchini (*hukīni*)
- Potato seed (*taewa*)
- Pumpkin (*paukena*)
- Squash (*kamokamo*)
- Sweetcorn (*kānga reka*)
- Climbing beans (*pīni*)
- Dwarf beans
- Kūmara (in Nov.)
- Yam (*uhi*)
- Asparagus (*apareka*)

- Broccoli
- Cabbage (*kāpiti*)
- Cauliflower (*kareparāoa*)
- Kale
- Pak Choy
- Mustard Greens
- Turnip (*tōnapi*)
- Swede (*tuwīti tānapu*)
- Rocket
- Broad beans (*pīni*)
- Onions (*aniana*)
- Celery (*herewī*)



- Beetroot (*pīti*)
- Carrots (*kāreti*)
- Lettuce (*rētihi*)
- Radish (*rarihi*)
- Silverbeet (*korare*)
- Parsnip (*pāhinipi*)
- Peas (*pī*)
- Spinach (*kōkihi*)
- Leeks (*riki*)
- Snow peas



## Herbs

We recommend to get cuttings from friends or purchase from garden centres. Herbs grow really easily from cuttings and can also grow readily from seeds. Examples of herbs to grow from seed:

- |  |  |
|--|--|
| <p><b>Autumn</b></p> <ul style="list-style-type: none"> <li>• Coriander (<i>korianara</i>)</li> <li>• Dill</li> <li>• Fennel (<i>taru haunga</i>)</li> </ul> | <p><b>Spring</b></p> <ul style="list-style-type: none"> <li>• Florence Fennel</li> <li>• Basil</li> </ul> <p><b>All year</b></p> <ul style="list-style-type: none"> <li>• Parsley (<i>pāhiri</i>)</li> </ul> |
|--|--|



## Fruits

The best time to plant fruit bushes and trees is Winter when the plants are dormant. (excluding sub-tropicals). For example:

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>• Apples (<i>āporo</i>)</li> <li>• Pears (<i>pea</i>)</li> <li>• Grapes (<i>kerepe</i>)</li> <li>• Blackberries (<i>parakipere</i>)</li> </ul> | <ul style="list-style-type: none"> <li>• Blueberries (<i>patatini kikorangi</i>)</li> <li>• Rhubarb (<i>rūpapa</i>)</li> <li>• Strawberries (<i>rōpere</i>)</li> </ul> |
|---|--|

*Tangi te kawekawea; Waiho kia tangi ana; Tangi te wharau-roa.  
Waiho kia tangi ana; E tatari atu ana.  
Kia aroaro mahana; Ka taka mai te āhuru; Koia!*

A short Taranaki *waiata* sung while cultivating kūmara.

Now sings the long-tailed cuckoo; There let it sing.  
And also sings the barred-breast cuckoo; There let it sing.  
They come in anticipation; The time of Summer heat;  
When all things feel the warmth. So may it be!



## Summer (Nov-Dec-Jan)

## Winter (May-Jun-Jul)

Finish planting seedlings and seeds as shown for Spring, recommended by the end of November, as vegetables will then be ready to harvest in Autumn.

- Garlic cloves (*kāriki*)
- Elephant Garlic
- Shallots



If planted too late it will be too cold for some of the Spring vegetables to be harvested. Look at *All Year Round* sowing for what can be ongoing sowing for December & January.

Enjoy harvesting your Spring / Summer vegetables and preparing bare beds for planting the following Spring / Summer with green cover crops such as lupins / oats / mustard.



• Start undercover in seed trays and plant out in 4-6 weeks