




























# JANUARY MONTHLY PLANTING GUIDE

Cool Mountainous \*

V202101

FROM SEED	FROM SEEDLING	IN SEEDLING BOXES #
BEANS - Bush 	BASIL 	BROCCOLI <sup>x</sup> 
BEANS - Climbing 	BROCCOLI <sup>x</sup> 	BRUSSELS SPROUTS <sup>x</sup> 
BEETROOT 	BRUSSELS SPROUTS <sup>x</sup> 	CABBAGE <sup>x</sup> 
CARROT 	CABBAGE <sup>x</sup> 	CAULIFLOWER <sup>x</sup> 
CORN 	CAULIFLOWER <sup>x</sup> 	KALE <sup>x</sup> 
LETTUCE 	CORN 	LEEK 
PAK CHOI 	KALE <sup>x</sup> 	LETTUCE 
PARSNIP 	LEEK 	PAK CHOI 
PEA 	LETTUCE 	SILVERBEET 
ROCKET 	PAK CHOI 	
SILVERBEET 	SILVERBEET 	

# ABOUT THIS MONTHLY PLANTING GUIDE

## PLANTING GUIDE LEGEND



Sow seed.



Plant tubers or roots.



Plant seedlings.



Plant in electrically heated seedling propagation box.



Plant in a greenhouse, covered seedling tray or polytunnel.



Plant in temporary polytunnel & remove polytunnel when the weather warms up.



Plant in the open & cover with a temporary polytunnel when the weather turns cold.



Key vegetables only, not all vegetables that can be planted at this time are listed.



Plant seeds in seedling boxes for planting out as seedlings in four to six weeks time.



Prone to cabbage butterfly caterpillar damage in warmer weather.



Plant early in the month (first two weeks).



Plant late in the month (last two weeks).



Frost sensitive, only plant out after the risk of frost has passed.



Best sown in single cell seedling trays or planted out as seedlings grown in single cell seedling trays as these seedlings don't transplant as easily when their roots have been disturbed.

When more than one symbol is displayed there is more than one planting option.

This monthly Cool Mountainous planting guide is based on information drawn from six planting guides for South Eastern Australia, both contemporary and historical.

The general area it covers is all of Tasmania and the cool mountainous areas of mainland Australia from just West of Ararat to the North of Canberra. As such it is only a broad guideline, for more accurate planting information gardeners should also crosscheck with local sources in their specific areas.

Individuals and community organisations are welcome to copy and distribute this planting guide for free as long as it is not published for profit in any way. © John Ditchburn [www.urbanfoodgarden.org](http://www.urbanfoodgarden.org)