

## COOL WEATHER VEGETABLES FOR SOUTHLAND



### **Some plants suitable for planting and growing in autumn and winter in Southland:**

Cabbage varieties

Daikon Radish

Broccoli, (also sprouting Broccoli)

Kales: Curly, Red Russian etc

Silver beet, Perpetual Beet and Winter Spinach

Celery: Celeriac is the hardier but should be planted in late spring, then survives most winters

Leeks

Carrots and Parsnips, Egyptian Onions, some potato varieties can be left in the soil and harvested as needed during most winters

Rocket: annual and perennial

Corn Salad sometimes called Lamb's Lettuce or Mache

Miner's Lettuce

Chervil

Some Lettuce types like Rouge d'Hiver and Merveilles de Quarte Saisons, will grow most winters and take off in very early spring, esp. in a sheltered spot.

Endive

Parsley: some parsleys survive quite well over winter in a sheltered spot

For an early spring harvest some Broad Beans can be sown in late autumn, they will then take off in early spring after most winters.

Garlic is planted on or near the shortest day then harvested mid summer.

Perennials like Chives, Sorrel, Asparagus, Rhubarb and Lovage can be left in the soil, they will die down and come up in spring, Chives and Sorrel very early.

Bi-annuals like Parcel will die down but come up and produce early

### **Plants suitable for sowing or planting in early spring outside:**

Cabbage varieties

Broccoli varieties

Pak Choi

Broad beans

Radish

Sugar Snap Pea varieties

Winter Spinach, Silver beet, Perpetual Beet

Onion varieties like Shallots, Spring Onions etc

When a new garden with cardboard and/or newspaper underneath it, has just been started it depends on the depth of the soil which plants can be grown in the first half year. Best to grow are shallow rooting plants. After about 6 months, the cardboard and or newspaper has disappeared and the soil beneath is available to the plants to grow down in. If carpet has been used to cover the soil, it will take longer for it to disintegrate.