



SOW IN JANUARY

COOL TEMPERATE ZONE

DIRECT SOW OUTDOORS

VEGETABLES

BEANS
BOK CHOY
CUCUMBER
PUMPKINS

BEETROOT
CARROTS
LETTUCE
ZUCCHINI

HERBS

BASIL
DILL
PARSLEY

CORIANDER
FENNEL
PERILLA

FLOWERS

CALENDULA
NIGELLA
PENNYCRESS
STRAWFLOWER
ZINNIA

COSMOS
MARIGOLDS
SCABIOSA
TITHONIA

SOW INDOORS FOR TRANSPLANTING

BROCCOLI
CELERIAC
LEEKS

CABBAGE
CELERY
LETTUCE

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