



# **SOW IN OCTOBER**

COOL TEMPERATE ZONE

## **DIRECT SOW OUTDOORS VEGETABLES**

BROCCOLI  
BOK CHOY  
CARROTS  
LETTUCE  
LEEKS  
ONIONS

### **HERBS**

CORIANDER  
FENNEL

DILL  
PARSLEY

### **FLOWERS**

CALIFORNIA POPPY  
SCABIOSA

NIGELLA  
STRAWFLOWER

## **SOW INDOORS FOR TRANSPLANTING**

### **VEGETABLES**

CAPSICUM  
CELERIAC  
CHILLI  
CUCUMBER  
EGGPLANT  
PUMPKIN  
TOMATOES  
ZUCCHINI

### **FLOWERS**

CELOSIA  
COSMOS  
PHLOX  
CENTAUREA  
MARIGOLDS  
TITHONIA  
ZINNIA

### **HERBS**

BASIL  
SUMMER SAVORY

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