



Carrot:

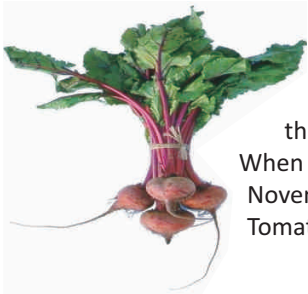
Likes: You can grow carrots at any time of the year, except the months were it is very hot or very cold. Grow them in rows or in groups. Seeds will take 2 weeks to germinate and they like moist soil. When to plant: Any time of the year What to plant after carrots: Cabbage, Lettuce, Potatoes
Good Companions: Lettuce, Onion, Parsley, Tomato

Onion:

Likes: Take a long time to grow (up to 6 months) so plant a lot and be patient. Don't plant them to deep and in a spot that requires a lot of sun. When to plant: March, April, May, July, August, September
What to plant after onions: Lettuce, Cabbage, Tomato
Good companions: Lettuce, Beetroot, Leek

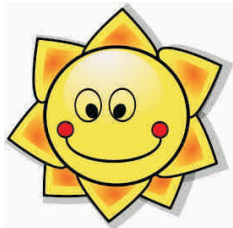


Beetroot:



Likes: Full sun and lots of water. Remember you can also eat the leaves! They are high in Vitamin A and Vitamin C. You can plant them at any time of the year, just remember to give them lots of water.
When to plant: Jan, Feb, March, April, June, July, August, Sep, October, November
What to plant after a Beetroot: Onion, Lettuce, Cabbage, Tomato. **Good Companions:** Beans, Onion, Lettuce

All of your seedlings need lots of



and lots of



to grow big and strong!



KHANYISA EDUCATIONAL & DEVELOPMENT TRUST

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KHANYISA EDUCATION & DEVELOPMENT TRUST

Khanyisa seeks to build institutions of the poor to address poverty and underdevelopment through building capacity of local leadership and community structures to understand their socio-economic and political rights, by identifying natural resources and lobby and campaign for policies that deepens social transformation.

By providing training on agro-ecological farming, establishment and management of nurseries and campaigning for access to land and water, Khanyisa seeks to promote food security and food sovereignty.



How to take care of your different seedlings:

Spinach:

Spinach likes a lot of sun so plant it in a spot that is very sunny.

When to plant: Feb, March, April, May, August, September, October, November

What to plant after spinach: Beetroot, Onion, Carrot, Turnip, Radish, Beans, Peas.

Good Companions: Beetroot, Cabbage, Broccoli, Cauliflower, Beans, Onions.



Beans:

Likes: Beans grow well in the summer but they need a lot of water otherwise they will not flower.

Keep the ground around your beans moist and mulch it to retain this moisture.

When to plant: Feb, August, September, October, November, December

What to plant after beans: Cabbage, Broccoli, Cauliflower, Potato.

Companions: Lettuce, Spinach, Cucumber, Potato, Tomato.

Cabbage:

Likes: Cabbages likes full sun and they need constant watering throughout the growing period.

When to plant: Anytime of the year
What to plant after a cabbage: Onions, beans, Potato, Tomato, Squash
Companions: Onions, Beetroot, Radish, Carrot, Peas, Beans.



Tomato:



Likes: Need a lot of water but don't water the leaves as this will encourage various diseases, water the roots directly. You can plant them in the same sunny spot year after year.

When to plant: July, August, September, October, November, and December

What to plant after a tomato: Beetroot, carrot, radish, turnips.

Companions: Beans, cabbage, lettuce, onions.