



FACT SHEET

Seasonal Planting Guide – Eastern Australian Climates

Purpose

This fact sheet provides a simple, seasonal guide to planting common vegetables and herbs across Eastern Australian climate zones. It is designed to support planning in home, community, and therapeutic garden settings.

Understanding Climate Zones

Eastern Australia includes several climate zones. Knowing your local climate helps plants thrive and reduces stress for gardeners.

This guide covers:

Tropical (e.g. Far North QLD)

Subtropical / Warm Temperate (e.g. SE QLD, Northern NSW)

Cool Temperate (e.g. Southern NSW, VIC, TAS)

Local conditions such as frost, rainfall, and heatwaves may vary. Observation is always encouraged.

Tropical Climate

(Hot, humid summers • Mild, dry winters)

Best Planting Times

Dry season (autumn–winter): ideal for most vegetables

Wet season (summer): focus on hardy crops

Suitable Plants

Sweet potato

Okra

Eggplant

Chilli

Basil

Asian greens

Snake beans

Practice Notes

Heavy rain and humidity can affect seedlings

Mulching and airflow are important

Gardening tasks are best done early morning.

Subtropical / Warm Temperate Climate

(Warm summers • Mild winters)

Best Planting Times

Spring & autumn: main growing seasons

Summer: plant heat-tolerant varieties

Winter: slower growth, but still productive

Suitable Plants

Lettuce

Tomatoes

Beans

Zucchini

Capsicum

Herbs (parsley, coriander, basil)

Silverbeet

Practice Notes

Frost is rare but possible inland

Succession planting works well

Shade and watering support summer success.

Cool Temperate Climate

(Warm summers • Cool to cold winters with frost)

Best Planting Times

Spring–summer: main growing season

Autumn–winter: cool-season crops

Suitable Plants

Peas

Broad beans

Broccoli

Kale

Carrots

Spinach

Onions

Practice Notes

Frost protection may be needed

Soil warming in spring supports seedlings

Winter gardening suits hardy greens.

Therapeutic Horticulture Considerations

Seasonal planting supports:

Planning and anticipation

Understanding cycles and change

Managing expectations

Reducing frustration through right-plant, right-time choices

Gardening becomes more enjoyable when plants are suited to the season.

Practice Notes

Planting guides are a starting point, not a rulebook.

Encourage gardeners to observe, experiment, and learn from experience.

In therapeutic settings, seasonal planting can support:

- routine
- patience
- flexibility
- resilience

© Wendy Jansen – The Wendy House

This fact sheet is provided for educational and therapeutic use and may be adapted for individual practice. Not for resale.

Version 1.0 – 2025