WHAT TO GROW IN

Wynberg

City of Cape Town, Western Cape · Western Cape (Winter Rain)

-33.9833, 18.4000 · 688 m above sea level

Western Cape (Winter Rain) climate: most rain falls in winter, so summer crops need irrigation (about 1253 mm a year). Frost is rare or absent, so tender plants can grow year-round. Soils here are typically slightly acidic (pH 6.4) and sandy loam.

At a glance

RAINFALL
1,253 mm
Winter rainfall

AVERAGE
14.5 °C
Oceanic / temperate

FROST
Frost-free
tender plants all year

SOIL
pH 6.4
Sandy loam

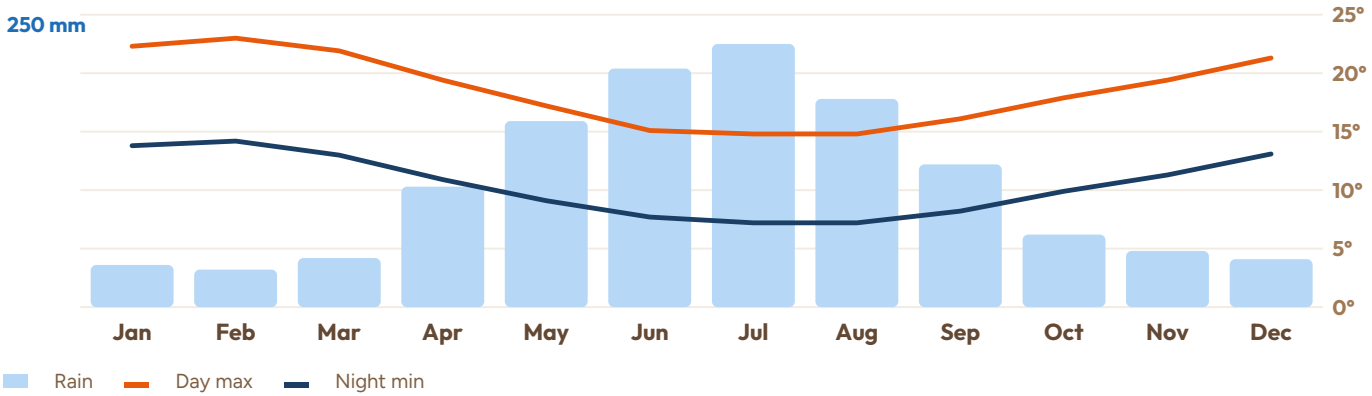
GROWING ZONE
Western Cape (Winter Rain)
Köppen Cfb

SUMMER / WINTER
23° / 7.2°
summer days / winter nights

WINTER CHILL
65 portions
High

HARDINESS ZONE
10b
coldest night about 3 °C

Climate through the year



	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Day max (°C)	22.3	23	21.9	19.4	17.2	15.1	14.8	14.8	16.1	17.9	19.4	21.3
Night min (°C)	13.8	14.2	13	10.9	9.1	7.7	7.2	7.2	8.2	9.9	11.3	13.1
Average (°C)	18.1	18.5	17.3	15	13.1	11.4	11	11	12.2	13.9	15.4	17.2
Rain (mm)	36	32	42	103	159	204	225	178	122	62	48	41
Humidity (%)	58	57	56	55	57	58	57	58	57	56	57	58
Frost chance	–	–	–	–	–	–	–	–	–	–	–	–

Frost & chill

Frost	**Rare or absent**
Typical coldest night	**3 °C**
Hardiness zone	**10b**
Winter chill	**65 portions · 1091 units**

High - suits apples, pears and cherries

Soil & terrain

pH (water)	**6.4 · Slightly acidic**
Texture	**Sandy loam**
Organic matter	**High**
Drainage	**Well**
Water held (top 60 cm)	**54 mm**
Soil group	**Luvisols**
Elevation	**688 m**
Slope	**15.1°**

Light and easy to dig; drains well. Great for root crops - add compost.

Modelled typical soil for this ~1 km² area (SoilGrids). Your own garden can differ - a simple soil test is always worth it.

What to plant, season by season

Every crop FarmBoss rates Excellent, Good or With care for this spot, listed under the months to plant it out or sow it in place. Seedlings are sown in trays a few weeks earlier (shown in brackets). Effort runs from 1 (very easy) to 5 (expert).

Any time of year · all year 5 crops

CROP	RATING	EFFORT	HOW	WHEN	WATCH OUT
Vegetables					
Chicory (radicchio, witloof)	Excellent	2 · Easy	Sow in place	All year	
Kale	Excellent	2 · Easy	Seedlings (sow in trays All year)	All year	
Herbs					
Chamomile (German)	Excellent	1 · Very easy	Sow in place	All year	
Dill	Excellent	1 · Very easy	Sow in place	All year	
Field Crops					
Oats	Excellent	2 · Easy	Sow in place	All year	

Spring · Sep–Nov 52 crops

CROP	RATING	EFFORT	HOW	WHEN	WATCH OUT
Vegetables					
Beetroot	Excellent	2 · Easy	Sow in place	Sep–Nov	
Carrot	Excellent	3 · Moderate	Sow in place	Sep–Nov	
Lettuce	Excellent	3 · Moderate	Seedlings (sow in trays Aug–Oct)	Sep–Nov	
Parsnip	Excellent	2 · Easy	Sow in place	Sep–Oct	
Radish	Excellent	2 · Easy	Sow in place	Sep–Oct	
Swiss chard (spinach)	Excellent	2 · Easy	Sow in place	Sep	

CROP	RATING	EFFORT	HOW	WHEN	WATCH OUT
Turnip	Excellent	1 · Very easy	Sow in place	Sep–Nov	
Celery	Excellent	4 · Challenging	Seedlings (sow in trays Jul–Sep)	Sep–Nov	
Green beans (bush)	Excellent	2 · Easy	Sow in place	Nov	
Gem squash	Excellent	3 · Moderate	Sow in place	Nov	
Muskmelon (spanspek)	Excellent	3 · Moderate	Sow in place	Oct–Nov	
Sweetcorn (green mealies)	Excellent	2 · Easy	Sow in place	Oct–Nov	
Pumpkin	Excellent	2 · Easy	Sow in place	Nov	
Cucumber	Excellent	3 · Moderate	Sow in place	Nov	
Tomato	Excellent	4 · Challenging	Seedlings (sow in trays Oct)	Nov	
Baby marrow (courgette)	Good	3 · Moderate	Sow in place	Nov	Too cold for much of the growing period
Butternut	Good	3 · Moderate	Sow in place	Nov	Too cold for much of the growing period
Herbs					
Chives	Excellent	1 · Very easy	Plant from a pot	Sep–Nov	
Lavender	Excellent	2 · Easy	Plant from a pot	Sep–Nov	
Lemon balm	Excellent	1 · Very easy	Plant from a pot	Sep–Nov	
Mint	Excellent	1 · Very easy	Plant from a pot	Sep–Nov	
Oregano	Excellent	1 · Very easy	Plant from a pot	Sep–Nov	
Parsley	Excellent	3 · Moderate	Sow in place	Sep–Nov	
Rocket	Excellent	2 · Easy	Sow in place	Sep–Nov	
Rosemary	Excellent	1 · Very easy	Plant from a pot	Sep–Nov	
Thyme	Excellent	1 · Very easy	Plant from a pot	Sep–Nov	
Basil	Excellent	2 · Easy	Seedlings (sow in trays Oct)	Nov	
Sage	Excellent	1 · Very easy	Plant from a pot	Sep–Nov	
Coriander (dhania)	Excellent	3 · Moderate	Sow in place	Sep–Nov	
Rose geranium	Excellent	2 · Easy	Plant cuttings	Sep–Nov	
Tea	With care	5 · Expert	Plant cuttings	Sep–Nov	Average temperature of 14.5 °C is too cool for tea
Fruit Trees					
Mulberry	Excellent	1 · Very easy	Plant from a pot	Sep–Nov	
Persimmon (sharon fruit)	Excellent	2 · Easy	Plant a grafted tree	Sep–Nov	
Olive	Excellent	2 · Easy	Plant from a pot	Sep–Nov	
Naartjie	Good	3 · Moderate	Plant a grafted tree	Sep–Nov	Average temperature of 14.5 °C is on the cool side for naartjie
Lemon	With care	2 · Easy	Plant a grafted tree	Sep–Nov	Average temperature of 14.5 °C is too cool for lemon

CROP	RATING	EFFORT	HOW	WHEN	WATCH OUT
Macadamia	With care	3 · Moderate	Plant a grafted tree	Sep–Nov	Average temperature of 14.5 °C is too cool for macadamia
Pomegranate	With care	2 · Easy	Plant cuttings	Sep–Nov	Summers here average about 18.0 °C; pomegranate needs about 20 °C or more in the warmest m…
Coffee	With care	4 · Challenging	Plant from a pot	Sep–Nov	Average temperature of 14.5 °C is too cool for coffee
Orange (citrus)	With care	3 · Moderate	Plant a grafted tree	Sep–Nov	Average temperature of 14.5 °C is too cool for orange (citrus)
Berries & Vines					
Cape gooseberry	Excellent	3 · Moderate	Seedlings (sow in trays Aug–Sep)	Oct–Nov	
Blueberry	Good	5 · Expert	Plant from a pot	Sep–Nov	Typical soil pH here is 6.4, far above the 4.2-5.2 that blueberry needs. Grow it in a rais…
Field Crops					
Potato	Excellent	3 · Moderate	Plant tubers	Sep	
Dry beans	Excellent	3 · Moderate	Sow in place	Nov	
Sunflower	Excellent	3 · Moderate	Sow in place	Oct–Nov	
Maize	Good	3 · Moderate	Sow in place	Oct–Nov	Too cold for much of the growing period
Soybean	Good	3 · Moderate	Sow in place	Nov	Too cold for much of the growing period
Indigenous & African Crops					
Wild garlic	Excellent	1 · Very easy	Plant from a pot	Sep–Nov	
Buchu (round-leaf)	Good	5 · Expert	Plant from a pot	Sep–Oct	Typical soil pH here is 6.4, far above the 3.5-4.5 that buchu (round-leaf) needs. Grow it…
Honeybush	Good	5 · Expert	Plant from a pot	Sep–Oct	Typical soil pH here is 6.4, far above the 4.0-5.0 that honeybush needs. Grow it in a rais…
Kei apple	With care	1 · Very easy	Plant from a pot	Sep–Nov	Average temperature of 14.5 °C is too cool for kei apple
Marama bean	With care	3 · Moderate	Sow in place	Sep–Nov	Average temperature of 14.5 °C is too cool for marama bean

Summer · Dec–Feb 55 crops

CROP	RATING	EFFORT	HOW	WHEN	WATCH OUT
Vegetables					
Beetroot	Excellent	2 · Easy	Sow in place	Dec–Feb	
Broccoli	Excellent	3 · Moderate	Seedlings (sow in trays Dec–Jan)	Jan–Feb	
Brussels sprouts	Excellent	3 · Moderate	Seedlings (sow in trays Dec–Jan)	Feb	
Cabbage	Excellent	3 · Moderate	Seedlings (sow in trays Nov–Jan)	Dec–Feb	
Carrot	Excellent	3 · Moderate	Sow in place	Jan–Feb	

CROP	RATING	EFFORT	HOW	WHEN	WATCH OUT
Kohlrabi	Excellent	2 · Easy	Seedlings (sow in trays Jan)	Feb	
Lettuce	Excellent	3 · Moderate	Seedlings (sow in trays Nov–Jan)	Dec–Feb	
Cauliflower	Excellent	4 · Challenging	Seedlings (sow in trays Nov–Jan)	Dec–Feb	
Celery	Excellent	4 · Challenging	Seedlings (sow in trays Oct)	Dec	
Green beans (bush)	Excellent	2 · Easy	Sow in place	Dec–Feb	
Gem squash	Excellent	3 · Moderate	Sow in place	Dec–Jan	
Muskmelon (spanspek)	Excellent	3 · Moderate	Sow in place	Dec	
Sweetcorn (green mealies)	Excellent	2 · Easy	Sow in place	Dec	
Tomato	Excellent	4 · Challenging	Seedlings (sow in trays Nov–Dec)	Dec–Jan	
Baby marrow (courgette)	Good	3 · Moderate	Sow in place	Dec–Jan	Too cold for much of the growing period
Butternut	Good	3 · Moderate	Sow in place	Dec	Too cold for much of the growing period
Sweet pepper	Good	4 · Challenging	Seedlings (sow in trays Oct–Nov)	Dec	Too cold for much of the growing period
Herbs					
Chives	Excellent	1 · Very easy	Plant from a pot	Dec–Feb	
Lavender	Excellent	2 · Easy	Plant from a pot	Dec–Feb	
Lemon balm	Excellent	1 · Very easy	Plant from a pot	Dec–Feb	
Mint	Excellent	1 · Very easy	Plant from a pot	Dec–Feb	
Oregano	Excellent	1 · Very easy	Plant from a pot	Dec–Feb	
Rocket	Excellent	2 · Easy	Sow in place	Dec–Feb	
Rosemary	Excellent	1 · Very easy	Plant from a pot	Dec–Feb	
Thyme	Excellent	1 · Very easy	Plant from a pot	Dec–Feb	
Basil	Excellent	2 · Easy	Seedlings (sow in trays Nov–Dec)	Dec–Jan	
Sage	Excellent	1 · Very easy	Plant from a pot	Dec–Feb	
Coriander (dhania)	Excellent	3 · Moderate	Sow in place	Dec–Feb	
Rose geranium	Excellent	2 · Easy	Plant cuttings	Dec–Feb	
Tea	With care	5 · Expert	Plant cuttings	Dec–Feb	Average temperature of 14.5 °C is too cool for tea
Fruit Trees					
Mulberry	Excellent	1 · Very easy	Plant from a pot	Dec–Feb	
Persimmon (sharon fruit)	Excellent	2 · Easy	Plant a grafted tree	Dec–Feb	
Olive	Excellent	2 · Easy	Plant from a pot	Dec–Feb	
Naartjie	Good	3 · Moderate	Plant a grafted tree	Dec–Feb	Average temperature of 14.5 °C is on the cool side for naartjie

CROP	RATING	EFFORT	HOW	WHEN	WATCH OUT
Lemon	With care	2 · Easy	Plant a grafted tree	Dec–Feb	Average temperature of 14.5 °C is too cool for lemon
Macadamia	With care	3 · Moderate	Plant a grafted tree	Dec–Feb	Average temperature of 14.5 °C is too cool for macadamia
Pomegranate	With care	2 · Easy	Plant cuttings	Dec–Feb	Summers here average about 18.0 °C; pomegranate needs about 20 °C or more in the warmest m…
Coffee	With care	4 · Challenging	Plant from a pot	Dec–Feb	Average temperature of 14.5 °C is too cool for coffee
Orange (citrus)	With care	3 · Moderate	Plant a grafted tree	Dec–Feb	Average temperature of 14.5 °C is too cool for orange (citrus)
Berries & Vines					
Cape gooseberry	Excellent	3 · Moderate	Seedlings (sow in trays Oct)	Dec	
Blueberry	Good	5 · Expert	Plant from a pot	Dec–Feb	Typical soil pH here is 6.4, far above the 4.2-5.2 that blueberry needs. Grow it in a rais…
Field Crops					
Potato	Excellent	3 · Moderate	Plant tubers	Jan–Feb	
Dry beans	Excellent	3 · Moderate	Sow in place	Dec–Jan	
Sunflower	Excellent	3 · Moderate	Sow in place	Dec	
Maize	Good	3 · Moderate	Sow in place	Dec	Too cold for much of the growing period
Soybean	Good	3 · Moderate	Sow in place	Dec	Too cold for much of the growing period
Pigeon pea	Good	2 · Easy	Sow in place	Dec	Too cold for much of the growing period
Indigenous & African Crops					
Wild garlic	Excellent	1 · Very easy	Plant from a pot	Dec–Feb	
Spider plant (morogo)	Excellent	2 · Easy	Sow in place	Jan	
Black nightshade (umsobo)	Excellent	2 · Easy	Seedlings (sow in trays Nov–Dec)	Dec–Jan	
Amaranth (morogo / imbuya)	Good	2 · Easy	Sow in place	Dec–Jan	Too cold for much of the growing period
Blackjack (umhlabangubo)	Good	2 · Easy	Sow in place	Dec–Jan	Too cold for much of the growing period
Jew's mallow (thelele)	Good	2 · Easy	Sow in place	Dec–Jan	Too cold for much of the growing period
Kei apple	With care	1 · Very easy	Plant from a pot	Dec–Feb	Average temperature of 14.5 °C is too cool for kei apple
Marama bean	With care	3 · Moderate	Sow in place	Dec–Feb	Average temperature of 14.5 °C is too cool for marama bean

Autumn · Mar–May 50 crops

CROP	RATING	EFFORT	HOW	WHEN	WATCH OUT
Vegetables					
Beetroot	Excellent	2 · Easy	Sow in place	Mar	
Broad bean	Excellent	1 · Very easy	Sow in place	Apr–May	
Brussels sprouts	Excellent	3 · Moderate	Seedlings (sow in trays Jan–Feb)	Mar	
Cabbage	Excellent	3 · Moderate	Seedlings (sow in trays Feb–Apr)	Mar–May	
Carrot	Excellent	3 · Moderate	Sow in place	Mar–Apr	
Garlic	Excellent	2 · Easy	Plant bulbs or cloves	Mar–May	
Kohlrabi	Excellent	2 · Easy	Seedlings (sow in trays Feb–Mar)	Mar–Apr	
Leek	Excellent	3 · Moderate	Seedlings (sow in trays Mar)	May	
Lettuce	Excellent	3 · Moderate	Seedlings (sow in trays Feb–Apr)	Mar–May	
Parsnip	Excellent	2 · Easy	Sow in place	Mar–Apr	
Peas	Excellent	3 · Moderate	Sow in place	Apr–May	
Radish	Excellent	2 · Easy	Sow in place	Mar–May	
Swiss chard (spinach)	Excellent	2 · Easy	Sow in place	Mar–Apr	
Turnip	Excellent	1 · Very easy	Sow in place	Mar–May	
Cauliflower	Excellent	4 · Challenging	Seedlings (sow in trays Feb–Apr)	Mar–May	
Celery	Excellent	4 · Challenging	Seedlings (sow in trays Feb–Mar)	Apr–May	
Chinese cabbage (pak choi)	Excellent	3 · Moderate	Seedlings (sow in trays Feb–Mar)	Mar–Apr	
English spinach	Excellent	2 · Easy	Sow in place	Mar–May	
Globe artichoke	Excellent	3 · Moderate	Plant crowns	Mar–May	
Herbs					
Chives	Excellent	1 · Very easy	Plant from a pot	Mar–May	
Lavender	Excellent	2 · Easy	Plant from a pot	Mar–May	
Lemon balm	Excellent	1 · Very easy	Plant from a pot	Mar–May	
Mint	Excellent	1 · Very easy	Plant from a pot	Mar–May	
Oregano	Excellent	1 · Very easy	Plant from a pot	Mar–May	
Parsley	Excellent	3 · Moderate	Sow in place	Mar–May	
Rocket	Excellent	2 · Easy	Sow in place	Mar–May	
Rosemary	Excellent	1 · Very easy	Plant from a pot	Mar–May	
Thyme	Excellent	1 · Very easy	Plant from a pot	Mar–May	
Sage	Excellent	1 · Very easy	Plant from a pot	Mar–May	
Coriander (dhania)	Excellent	3 · Moderate	Sow in place	Mar–May	
Rose geranium	Excellent	2 · Easy	Plant cuttings	Mar–May	
Tea	With care	5 · Expert	Plant cuttings	Mar–May	Average temperature of 14.5 °C is too cool for tea

CROP	RATING	EFFORT	HOW	WHEN	WATCH OUT
Fruit Trees					
Mulberry	Excellent	1 · Very easy	Plant from a pot	Mar–May	
Persimmon (sharon fruit)	Excellent	2 · Easy	Plant a grafted tree	Mar–May	
Olive	Excellent	2 · Easy	Plant from a pot	Mar–May	
Naartjie	Good	3 · Moderate	Plant a grafted tree	Mar–May	Average temperature of 14.5 °C is on the cool side for naartjie
Lemon	With care	2 · Easy	Plant a grafted tree	Mar–May	Average temperature of 14.5 °C is too cool for lemon
Macadamia	With care	3 · Moderate	Plant a grafted tree	Mar–May	Average temperature of 14.5 °C is too cool for macadamia
Pomegranate	With care	2 · Easy	Plant cuttings	Mar–May	Summers here average about 18.0 °C; pomegranate needs about 20 °C or more in the warmest m…
Coffee	With care	4 · Challenging	Plant from a pot	Mar–May	Average temperature of 14.5 °C is too cool for coffee
Orange (citrus)	With care	3 · Moderate	Plant a grafted tree	Mar–May	Average temperature of 14.5 °C is too cool for orange (citrus)
Berries & Vines					
Strawberry	Excellent	3 · Moderate	Seedlings (sow in trays Jan–Apr)	Mar–May	
Blueberry	Good	5 · Expert	Plant from a pot	Mar–May	Typical soil pH here is 6.4, far above the 4.2-5.2 that blueberry needs. Grow it in a rais…
Field Crops					
Barley	Excellent	3 · Moderate	Sow in place	Apr–May	
Chickpea	Excellent	3 · Moderate	Sow in place	Apr–May	
Wheat	Excellent	3 · Moderate	Sow in place	Apr–May	
Canola	Excellent	2 · Easy	Sow in place	Apr–May	
Indigenous & African Crops					
Wild garlic	Excellent	1 · Very easy	Plant from a pot	Mar–May	
Kei apple	With care	1 · Very easy	Plant from a pot	Mar–May	Average temperature of 14.5 °C is too cool for kei apple
Marama bean	With care	3 · Moderate	Sow in place	Mar–May	Average temperature of 14.5 °C is too cool for marama bean

Winter · Jun–Aug 35 crops

CROP	RATING	EFFORT	HOW	WHEN	WATCH OUT
Vegetables					
Asparagus	Excellent	4 · Challenging	Plant a bare-root tree	Jun–Aug	
Beetroot	Excellent	2 · Easy	Sow in place	Aug	
Broad bean	Excellent	1 · Very easy	Sow in place	Jun	
Carrot	Excellent	3 · Moderate	Sow in place	Aug	

CROP	RATING	EFFORT	HOW	WHEN	WATCH OUT
Leek	Excellent	3 · Moderate	Seedlings (sow in trays Apr–May)	Jun–Jul	
Lettuce	Excellent	3 · Moderate	Seedlings (sow in trays May)	Jun	
Onion	Excellent	4 · Challenging	Seedlings (sow in trays Apr–May)	Jun–Jul	
Parsnip	Excellent	2 · Easy	Sow in place	Aug	
Peas	Excellent	3 · Moderate	Sow in place	Jun–Aug	
Radish	Excellent	2 · Easy	Sow in place	Jun–Aug	
Rhubarb	Excellent	3 · Moderate	Plant a bare-root tree	Jun–Aug	
Swiss chard (spinach)	Excellent	2 · Easy	Sow in place	Aug	
Turnip	Excellent	1 · Very easy	Sow in place	Jun–Aug	
Celery	Excellent	4 · Challenging	Seedlings (sow in trays Apr–Jun)	Jun–Aug	
Herbs					
Parsley	Excellent	3 · Moderate	Sow in place	Jun–Aug	
Rocket	Excellent	2 · Easy	Sow in place	Jun, Aug	
Coriander (dhania)	Excellent	3 · Moderate	Sow in place	Aug	
Fruit Trees					
Apple	Excellent	4 · Challenging	Plant a bare-root tree	Jun–Aug	
Apricot	Excellent	3 · Moderate	Plant a bare-root tree	Jun–Aug	
Cherry	Excellent	4 · Challenging	Plant a bare-root tree	Jun–Aug	
Fig	Excellent	1 · Very easy	Plant a bare-root tree	Jun–Aug	
Nectarine	Excellent	3 · Moderate	Plant a bare-root tree	Jun–Aug	
Peach	Excellent	3 · Moderate	Plant a bare-root tree	Jun–Aug	
Pear	Excellent	4 · Challenging	Plant a bare-root tree	Jun–Aug	
Plum	Excellent	3 · Moderate	Plant a bare-root tree	Jun–Aug	
Berries & Vines					
Raspberry	Excellent	4 · Challenging	Plant a bare-root tree	Jun–Aug	
Table grape	Excellent	3 · Moderate	Plant a bare-root tree	Jun–Aug	
Field Crops					
Barley	Excellent	3 · Moderate	Sow in place	Jun	
Potato	Excellent	3 · Moderate	Plant tubers	Jul–Aug	
Wheat	Excellent	3 · Moderate	Sow in place	Jun	
Canola	Excellent	2 · Easy	Sow in place	Jun	
Indigenous & African Crops					
Wild rosemary (kapokbos)	Excellent	2 · Easy	Plant cuttings	Jun–Aug	
Buchu (round-leaf)	Good	5 · Expert	Plant from a pot	Jun–Aug	Typical soil pH here is 6.4, far above the 3.5-4.5 that buchu (round-leaf) needs. Grow it…

CROP	RATING	EFFORT	HOW	WHEN	WATCH OUT
Honeybush	Good	5 · Expert	Plant from a pot	Aug	Typical soil pH here is 6.4, far above the 4.0-5.0 that honeybush needs. Grow it in a rais…
Rooibos	Good	5 · Expert	Plant from a pot	Jul–Aug	Typical soil pH here is 6.4; rooibos prefers 4.5-5.5. Add compost and sulphur to lower it.

Not recommended here

Amadumbe (taro), Avocado, Bambara groundnut, Banana, Baobab, Black pepper, Bottle gourd (calabash), Brinjal (eggplant), Cashew nut, Cassava, Chilli, Coconut palm, Cowpea, Ginger, Granadilla (passion fruit), Grapefruit, Groundnut (peanut), Guava, Lemongrass, Lime, Litchi, Makataan (bitter watermelon), Mango, Marula, Mobola plum, Monkey orange, Mung bean, Num-num (amatungula), Okra, Pawpaw (papaya), Pearl millet (babala), Pecan, Pineapple, Sorghum, Sour plum (Ximenia), Sugar cane, Sweet potato, Watermelon, Wild cucumber, Wild medlar, Wild plum (umgwenya).

About this report. FarmBoss models one area of about 1 km² around this point. Climate: CHELSA 1981–2010, corrected to TerraClimate 1991–2020. Soil: ISRIC SoilGrids. Terrain: Copernicus DEM. Crop requirements: South African Department of Agriculture production guidelines and other sources cited on each crop page. Your own garden can differ: microclimate, shade and soil vary over short distances, so a simple soil test is always worth it.

Online version, with every crop's reasons and planting calendar: https://farmboss.co.za/place/wynberg-city-of-cape-town-3359021