

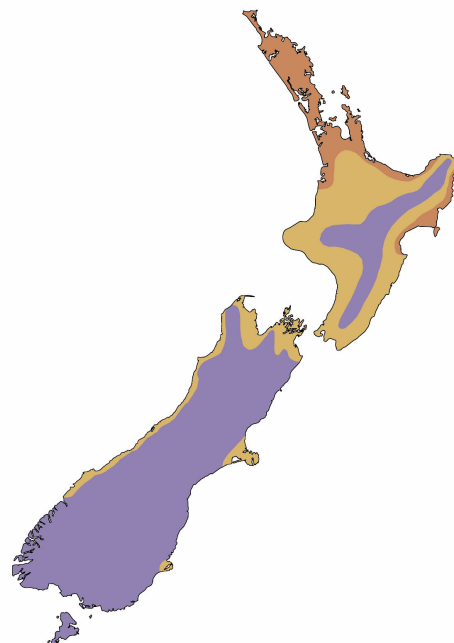
USING THIS SAMPLE

GROWING ZONES

Advice in this book is given by Zone. Your growing Zone is influenced by where you live, as well as how cold it gets in your garden.

- **ZONE A:** Warm areas with the longest summers. Especially northern and coastal areas. Last frost by early October. First frost appears no earlier than late April. Frosts burn off before lunch.
- **ZONE B:** The moderate zone. Last frost closer to mid October. First frost around early to mid April. Frosts can last into the afternoon sometimes.
- **ZONE C:** Cool areas with shorter summers. Especially high altitudes and southern districts. Last frost can be late October. First frost can appear as early as March. Frost can last for days in winter, with snow in some years.

Choose the Zone that describes your **garden**.



WHICH JOB FIRST?

Deciding what to do—getting started at all—is one of the things people tell me they struggle with in their gardens.

So this guide includes a system for prioritising jobs. The system lives in two places:

- The **season intro page** (not included in this sample) opens with a short checklist of the three most important jobs for the next three months. It's a high-level view of what needs doing soon.
- Then, each **month** begins with another short checklist. Those are the jobs that matter most in your garden that month, and they're the ones I'd be doing in mine.



A filled circle is the most important job and comes from the seasonal checklist. If you only get one hour in the garden all month, spend it doing this.

It's the job that makes the most difference to what you end up eating throughout the year.



An open circle is still a priority. Pick whichever one you can pull off this week, then choose another one next week.

They're roughly in order, but don't hold off on mulching the garlic because you haven't eaten the last of the broccoli.

There are four jobs: one for each week of the month. Do all four, and you've had a productive month. But if you can only do one, you're still further ahead than you were.

The rest of the monthly spread is where the detail lives: what to plant, what to tend, what to harvest, and what to grab while you're at the garden centre.

Start with the checklist, then move on to the instructions if you need more guidance.

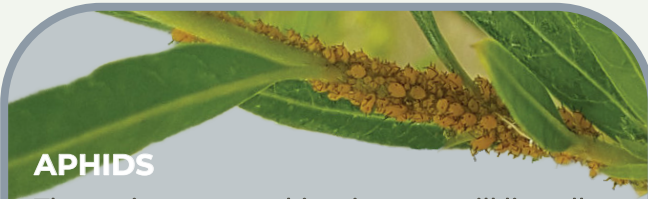
HŌTOKE • WINTER AUGUST

It might be chilly and wet, but at least we know spring is just around the corner.

The mornings and evenings are getting just that little bit lighter. Daffodils and blossoms are poking up their heads to say hello.

We're reaching the end of winter and that can make gardeners a bit impatient to get started. Keen and careful gardeners can get started indoors with some precautions, but August is really a great time to get ready for spring.

- Plan next year's garden. Buy seeds, soils.
- Slash down autumn green manures (see full guide).
- Process any seeds you left in containers or paper bags.
- Clean and sterilise seed-growing trays and equipment.



APHIDS

These tiny, sap-sucking insects will literally suck the strength from your plants. They cause stunted growth and black, sticky mould. They can also survive winter.

You can squash aphids with your fingers, or hose off with a jet of water. But if your garden is prone to aphids in summer, a preventative spray of surviving plants in winter can help keep numbers low.

Commercial horticultural oil sprays like Conqueror or Enspray 99 will suffocate the insects. Success rests on a thick application.

If you'd rather try a home-made spray, mix with 5 litres of water:

- 1 tablespoon baking soda
- 1 tablespoon Castile dishwashing liquid
- 1 tablespoon vegetable oil

For both, spray on a clear evening until plants drip. Reapply every 2-4 weeks to control populations.

PRE-SPRING CLEAN

Things to do to prepare for spring that don't involve planting anything.

- Clean and sharpen your tools.
- Scrub your pots in warm soapy water so they're clean and sterile for spring's seedlings.
- Tidy your garden shed/storage space and figure out what you need more of, and what you have enough of.
- Write it as a memo on your phone so it's with you when you're shopping.
- Weed and clear garden beds.
- Apply blood and bone and lime to garden beds.
- Empty compost bins while beds are relatively empty.
- Reset worm farms.
- Maintain paths and any damaged raised beds.

Kat says:

Alyssum, California poppies, calendula, and marigolds all make attractive and useful companion flowers in the garden. They will self-seed and naturalise themselves, while providing food for butterflies and beneficial insects. Add some to your spring purchases!

AUGUST IN THE GARDEN

Plant

Brassica (large varieties): transplant seedlings into the garden for late-spring harvests.

Brassica (small varieties): sow seeds indoors, or transplant seedlings into the garden.

Capsicum, chilli, eggplant, and tomatoes: can be started indoors with great care. I'd recommend a heat pad to keep the soil warm, and lots of light and attention.

Kūmara: get tipu started (see full guide) by early this month and continue to care for it.

Potatoes: Zone A can plant early crops, but ensure they are protected from frosts. Other Zones pick up seed potatoes and start chitting (see full guide).

Shallots: last chance to plant (see full guide).

Strawberries: planting continues.

Sow seeds directly into the garden:

Zone A: carrots, coriander, lettuce, and mesclun.

All Zones: brown onions, peas, radishes, red onions, rocket, snow peas, and spring onions.

Tend

Green manure cover crops: can be slashed down to decompose ahead of planting season. Either leave on top of beds as mulch, or add to composting systems. See full guide for more detail.

Broad beans: may need support to stay standing.

Garlic: apply liquid fertilisers (see full guide) and any preventative sprays. Remove weeds, ensure mulch (see full guide) is in good condition.

Early potatoes: earliest plantings in Zone A should be carefully mounded and mulched.

Strawberries: ensure they are well mulched. Apply liquid fertilisers (see full guide) when you see indications of flowering.

Thin out: July-planted seeds (see full guide).

Harvest

Harvest as needed: beetroot, brassica, carrots, celery, coriander, leeks, lettuce, mesclun, parsley, parsnip, radish, rocket, rosemary, silverbeet, spinach, and turnip.

BEFORE YOU GO

A cold start can mean a slow, frustrating start. Germination is faster when the soil is warm and moist. Chilli, capsicum, and eggplant can take 3-4 weeks to germinate even in ideal conditions, so prioritising them now means they have time to mature by the end of the season.

For faster-growing summer crops, the warmer temperatures of spring cancel out any 'gains' from planting early. I know those new seeds are calling, but waiting pays off.

September is when the real work starts, so rest up while you still can.

FROM THE BLOG



Companion planting

<https://kats-garden.nz/blog/companion-planting>

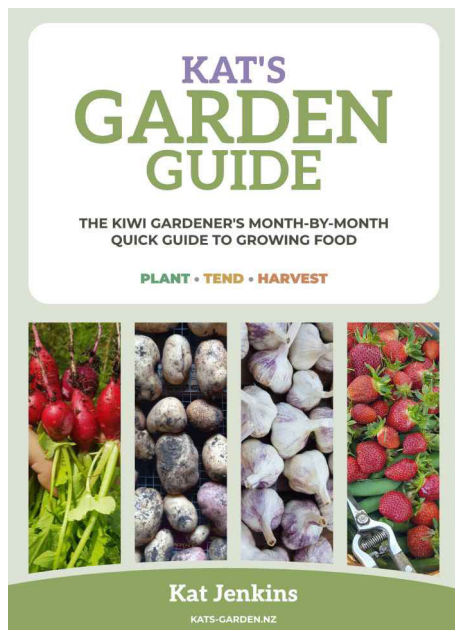


Cleaning up my rusty tools

<https://kats-garden.nz/blog/cleaning-up-rusty-tools>

KAT'S GARDEN GUIDE FREEBIE

LOVE THIS?



The Kiwi gardener's month-by-month quick guide to growing food.

What you can do **RIGHT NOW** for a productive home vegetable garden.

**FULL 12 MONTHS
LAUNCHES 16 AUGUST 2026**

The entire year broken down month by month and crop by crop. At-a-glance planning table.

- **PLANT:** When to plant seeds indoors, or out into the garden. Or when to think about seedlings instead.
- **TEND:** Nature needs a bit of help to give you the best harvest. Things like mulching, fertilising, pruning, and mounding live here.
- **HARVEST:** Your reminder to check in on (and eat) what you've grown.

	SEP	OCT	NOV
Brown onions			
Garlic			
Leeks			
Red onions			
Spring onions			
Shallots			
Broad beans			
Bush beans		Zone A	
Climbing beans		Zone A	
Peas			Zones B & C
Runner beans		Zone A	
Snow peas			Zones B & C
Capsicum and chilli			
Eggplant			
Potatoes—early			
Potatoes—main			
Tomatoes			



- All 12 months
- At-a-glance planning table
- More pest and disease strategies
- More how-to
- Less research. More productive gardens.

Full guide available 16 August 2026 from

<https://kats-garden.nz/guides/garden>

© Kat Jenkins / Kat's Garden, 2026