

HOOGA Seed Keepers Collective

Year-Round Vegetable Seed Sowing Guide for India														
Climate-Wise Vegetable Sowing Calendar with Spacing														
Vegetable	South India	North India	East India	Hill Regions	Seed Spacing / Plant Spacing	Row Spacing	Ideal Temperature	Notes						
Okra (Bhindi)	Jan–Mar, Jun–Aug	Feb–Apr, Jun–Jul	Feb–Apr, Jun–Sep	Apr–Jun	30–45 cm	45–60 cm	24–32°C	Full sunlight						
Tomato	Jun–Jul, Oct–Nov	Jun–Jul, Sep–Oct	Jul–Oct	Mar–Apr	45–60 cm	60–75 cm	18–28°C	Nursery transplant						
Leafy Greens	Year-round	Sep–Mar	Sep–Mar	Mar–Oct	5–10 cm	20–30 cm	15–30°C	Frequent harvesting						
Cucumber	Jan–Mar, Jun–Aug	Feb–Apr	Feb–Apr, Aug–Sep	Apr–Jun	45–60 cm	120–150 cm	22–30°C	Trellis recommended						
Watermelon	Dec–Mar	Jan–Mar	Nov–Feb	Apr–May	60–90 cm	200–300 cm	24–35°C	Needs wide spacing						
Muskmelon	Jan–Mar	Feb–Apr	Jan–Mar	Apr–May	45–60 cm	150–200 cm	25–35°C	Warm dry weather						
Brinjal (Eggplant)	Year-round	Jun–Jul, Oct–Nov	Jul–Sep	Mar–Apr	45–60 cm	60–75 cm	22–30°C	Rich soil preferred						
Pumpkin	Jan–Mar, Jun–Jul	Feb–Apr	Feb–Apr	Apr–Jun	90–120 cm	200–300 cm	20–32°C	Requires space						
Radish	Sep–Feb	Oct–Jan	Sep–Jan	Mar–Sep	5–10 cm	20–30 cm	10–25°C	Loose sandy soil						
Ridge Gourd	Jan–Mar, Jun–Aug	Feb–Apr	Feb–Apr, Jul–Aug	Apr–Jun	60–90 cm	150–200 cm	24–30°C	Trellis support						
Bottle Gourd	Jan–Mar, Jun–Aug	Feb–Apr, Jun–Jul	Feb–Apr	Apr–Jun	60–90 cm	200–300 cm	24–32°C	Vigorous vine						
Onion	May–Jun, Oct–Nov	Oct–Nov	Oct–Dec	Mar–Apr	8–10 cm	15–20 cm	13–24°C	Nursery sowing						
Corn (Maize)	Year-round	Feb–Jul	Feb–Jun	Apr–Jun	20–30 cm	45–60 cm	20–30°C	Nitrogen feeder						
Bitter Gourd	Jan–Mar, Jun–Aug	Feb–Apr	Feb–Apr, Jul–Aug	Apr–Jun	60 cm	150–200 cm	24–30°C	Trellis improves yield						
Chillies	Jun–Jul, Oct–Nov	May–Jun	Jul–Sep	Mar–Apr	45 cm	60 cm	20–30°C	Warm climate						
Beetroot	Sep–Feb	Oct–Jan	Oct–Jan	Mar–Jun	8–10 cm	25–30 cm	10–25°C	Thin seedlings early						
Cauliflower	Jul–Oct	May–Oct	Jul–Oct	Apr–Jun	45–60 cm	60 cm	15–22°C	Nutrient-rich soil						
Cabbage	Jul–Oct	Aug–Oct	Aug–Oct	Apr–Jun	45 cm	60 cm	15–22°C	Regular irrigation						
Ash Gourd	Jan–Mar, Jun–Jul	Feb–Apr	Feb–Apr	Apr–Jun	90 cm	200–300 cm	22–30°C	Large vines						
Snake Gourd	Jan–Mar, Jun–Aug	Feb–Apr	Feb–Apr, Jul–Aug	Apr–Jun	60 cm	150–200 cm	24–30°C	Trellis required						
Cluster Beans	Jan–Mar, Jul–Aug	Feb–Apr	Feb–Apr	Apr–Jun	20–30 cm	45–60 cm	25–35°C	Drought tolerant						
French Beans	Aug–Oct	Sep–Nov	Sep–Nov	Mar–Jun	10–15 cm	45–60 cm	15–25°C	Cool weather crop						
Peas	Oct–Dec	Oct–Nov	Oct–Nov	Mar–May	5–10 cm	30–45 cm	10–25°C	Winter crop						
Carrot	Sep–Jan	Oct–Dec	Oct–Dec	Mar–Jun	5–8 cm	20–30 cm	15–25°C	Loose soil preferred						
Turnip	Sep–Jan	Oct–Dec	Oct–Dec	Mar–Jun	8–10 cm	20–30 cm	10–25°C	Fast-growing						
Beans (Pole/Bush)	Aug–Oct	Sep–Nov	Sep–Nov	Mar–Jun	15–30 cm	45–60 cm	18–28°C	Pole beans need staking						
Nursery & Germination Guidelines														
Crop	Germination Time	Nursery Recommended	Transplant Age											
Tomato	5–10 days	Yes	25–30 days											
Brinjal	7–12 days	Yes	30–35 days											
Chillies	10–15 days	Yes	30–40 days											
Cauliflower	5–8 days	Yes	25–30 days											
Cabbage	5–8 days	Yes	25–30 days											
Onion	7–12 days	Yes	40–50 days											
Okra	4–7 days	No	Direct sowing											
Gourds & Melons	4–8 days	No	Direct sowing											
Radish & Beetroot	4–8 days	No	Direct sowing											
General Organic Growing Tips														
Aspect	Recommendation													
Soil Preparation	Add compost or farmyard manure before sowing													
Watering	Keep moist during germination; avoid waterlogging													
Mulching	Conserves moisture and suppresses weeds													
Sunlight	Most vegetables need 6–8 hours sunlight													
Seed Treatment	Use Trichoderma, Panchagavya, or bio-inputs													
Pest Management	Neem oil sprays and pheromone traps													
Crop Rotation	Helps maintain soil fertility													
Seasonal Crop Planning														
Season	Best Vegetables													
Summer	Watermelon, Muskmelon, Okra, Cucumber, Corn													
Monsoon	Gourds, Pumpkin, Tomato, Brinjal, Chillies													
Winter	Radish, Beetroot, Carrot, Cabbage, Cauliflower, Peas													
Healthy seeds + proper spacing + right season = healthy harvests.														