

# Summer seeds: What to plant in December

South Africa's warm summer months are great for many hardy and staple vegetables like beans and tomatoes while the warm December night temperatures are ideal for plants that are gearing up for a long, hot growing season to set good fruit. There is no better time to start planting...

Here are some suggestions from [RAW](#) on what seeds to plant in December:



- **Tomatoes:** An absolute staple for any festive fridge - think holiday salads for the braai or easy pasta sauces for lazy days - December is prime time for planting tomatoes. Start off by growing them in seed trays before planting four to six weeks later. These guys thrive at soil temperatures between 17 and 25 degrees. Get creative with your tomatoes too, there are many varieties. Flame orange, Green Zebra or an Heirloom Rainbow Mix for starters and RAW has a variety of other tomato seeds to pimp out your tomato trays.
- **Beans:** The bean is back. It's not the boring old veggie it used to be either. Think of a side of gently sautéed beans in oil or butter served with almond flakes alongside your medium rare fillet - try it at home if you don't believe us. There are two types of beans commonly grown in the home garden; bush beans and runner beans and both thrive in the summer months. Make sure you choose a level area where beans will receive at least five hours of sun a day. Bush beans take up less space than runner varieties which makes them friendlier to smaller gardens and easier to harvest.



- **Chilies:** Best grown in seed trays and then transplanted into the garden or pots, you can sow seeds at a depth approximately three times the diameter of the seed. Chilies are happiest at soil temperatures between 18 and 35 degrees which mean it's perfect for December. Space the seeds 40 – 50 cm apart and get ready to harvest in nine to eleven weeks. Wear gloves when it's time to harvest, especially if you have planted a hot varietal, and avoid your eyes!

- **Eggplant:** Also known as aubergine or brinjal amongst most Saffers, those on LCHF diets will attest to the versatility of this veggie. A replacement for pasta sheets in a lasagna or as a side on the braai in place of potatoes, there are many delicious ways to serve eggplant. These guys thrive in full sun with moist soil. Start with growing in seeds trays before planting about six weeks later.

Now that you have tomatoes, chilies, beans, and eggplant, you can work them into any lunch or dinner.

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