

■ Planting Days in Jamaica — 2026

Above-ground & below-ground planting guide · from Seeds Jamaica · seedsjamaica.com

The rule: sow **above-ground crops** (leaves, fruit, pods) as the moon **waxes** — new moon → full moon. Sow **below-ground crops** (roots) as the moon **wanes** — full moon → new moon. Then line the day up with a good **season** for that crop.

Month	■ Above-ground days (waxing)	■ Below-ground days (waning)	season this month
Jan	Jan 19–31	Jan 4–17	Tomato, pepper, carrot, lettuce, cabbage
Feb	Feb 18–28	Feb 2–16	Tomato, pak choi, cucumber, callaloo
Mar	Mar 19–31	Mar 4–17	Pumpkin, watermelon, okra, callaloo, pepper trays
Apr	Apr 18–30	Apr 2–16	Everything — corn, beans, okra, pumpkin, pepper
May	May 17–31	May 2–15	Corn, beans, sweet potato, okra, melon, herbs
Jun	Jun 15–29	Jun 1–13	Callaloo, pak choi, okra, pepper, sorrel
Jul	Jul 15–29	Jul 1–13	Callaloo, okra, cucumber, quick beans, sorrel
Aug	Aug 13–27	Aug 1–11	Callaloo, pak choi, radish, beans
Sep	Sep 11–26	Sep 1–9	Tomato/pepper trays, callaloo, cucumber, pumpkin
Oct	Oct 11–26	Oct 1–9	Tomato transplants, cabbage, carrot, beans, lettuce
Nov	Nov 9–24	Nov 1–7	Tomato, pepper, carrot, cabbage, beet, lettuce, herbs
Dec	Dec 9–23	Dec 1–7	Lettuce, carrot, radish, herbs, tomato, sorrel harvest

Above-ground crops: callaloo · pak choi · lettuce · cabbage · tomato · sweet & hot pepper · corn · string beans · gungo · okra · pumpkin · cucumber · melon · sorrel

Below-ground crops: carrot · beet · radish · turnip · sweet potato · onion · Irish potato · ginger · dasheen · yam

Hurricane-season rule: July–October, never sow the whole garden at once — plant a little every two weeks so one storm can't wipe out the season.

Every seed on this calendar is in the shop — hand-packed in Mandeville for backyard gardens, from J\$150 a gram, delivered island-wide. seedsjamaica.com/shop · WhatsApp 876-417-8304

Moon dates are approximate for planning; the season matters more than the exact day. © 2026 Seeds Jamaica.