Sunshine F1



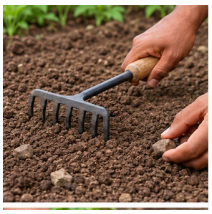
Pumpkin planting guide

Direct sow

Warm weather after frost risk. Soil around 20-25 C suits germination. Full sun.

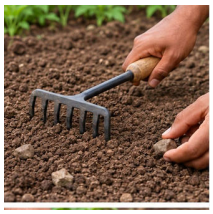
SEED DEPTH	FINAL PLANT SPACE	ROWS / DENSITY
2-3 cm	**About 1 m; more for vigorous vines**	**2-3 m**

1. Prepare a wide bed



Choose well-drained soil with compost and leave generous ground space for trailing vines.

2. Sow in stations



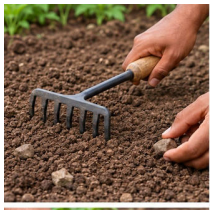
Sow 2 seeds per position, 2-3 cm deep. Thin to one strong plant once established.

3. Care for the roots



Keep soil evenly moist, never waterlogged. Weed while plants are small and avoid disturbing their roots.

4. Leave flowers open



Allow pollinating insects to reach flowers. Give growing vines and fruit enough room.

Harvest: Wait for mature, firm-rinded fruit. Cut with a short stem and handle carefully; store only sound, undamaged fruit.

Growing note: Plant spacing depends on vine habit. Use the supplier spacing if provided. Young pot-grown seedlings can be moved with their roots intact.

Use local conditions and the current seed-lot label. Method illustrations show the practice, not exact cultivar appearance.

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Sources and picture credits

Sunshine F1 | Pumpkin

The planting instructions use crop-level references checked on 18 October 2026. Depth and spacing are starting points. South African sowing windows vary with local frost, altitude, heat and rainfall; follow the current seed-lot label and supplier advice.

PLANTING REFERENCES

Starke Ayres: Pumpkin and Hubbard Squash Production Guideline

https://www.starkeayres.com/uploads/files/Pumpkin-and-Hubbard-squash-Production-Guideline-2019.pdf

Sakata South Africa: Suggested Vegetable Sowing Guide - North West

https://sakata.co.za/wp-content/uploads/2025/04/North-West.pdf

ARC: Production Guideline for Summer Vegetables

https://www.arc.agric.za/arc-vopi/Leaflets%20Library/Production%20Guideline%20for%20Summer%20Vegetables.pdf

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