



NORTH AMERICA · TURTLE ISLAND · FOLK & PERMACULTURE TRADITION

LUNAR GARDENING CALENDAR

— Q3 · 2026 —

JULY · AUGUST · SEPTEMBER

When to sow, prune, feed the soil and harvest by the Moon's phase, gathered onto one page and matched to the permaculture year, with the quarter's equinox, eclipses, meteor showers and spring tides marked right in the grid.

Print it in black ink and pin it to the shed wall.

READING THE MOON



WAXING MOON

NEW TO FULL · SAP RISES

Sow and transplant anything harvested above ground (leafy greens, herbs, tomatoes, beans, flowering annuals). A good time for grafting and liquid feeds.



FULL MOON

PEAK SAP & MOISTURE

The traditional moment to harvest for eating fresh, when produce is at its juiciest. Also a good day to simply observe the garden and take notes.



WANING MOON

FULL TO NEW · SAP DESCENDS

Best for root crops, planting perennials and trees, dividing and transplanting, pruning (cleaner cuts), and harvesting anything meant for storage.



NEW & LAST QUARTER · DARK DAYS

A REST · NO SOWING

A rest period around the New Moon and waning Last Quarter. Weed, mulch, build compost, turn beds and layer no-dig beds so the garden is ready for the next waxing phase.

READING THE SKY

☀ Solstice / Equinox ☉ Solar eclipse ☾ Lunar eclipse ✎ Meteor shower

≈ Spring tide (mareva viva) · beside a New / Full Moon ≈ Reinforced spring tide · near perigee or equinox

∞ Conjunction · naked eye

RULE OF THUMB

Avoid sowing, transplanting or pruning in the twelve hours before and after a phase changes: use that window for soil work instead.

WAXING · SOW ABOVE-GROUND

WANING · ROOTS & PRUNING

EQUINOX

SOLAR ECLIPSE

LUNAR ECLIPSE

METEOR SHOWER

SPRING TIDE

REINFORCED TIDE

CONJUNCTION

WEEK BEGINS SUNDAY

	SUN	MON	TUE	WED	THU	FRI	SAT
⌒				1	2	3	4
⌒	5	6	7 🌑 LAST	8	9 ♊ Venus & Regulus	10	11
☾	12	13	14 🌑 NEW ≈	15	16	17	18
☾	19	20	21 🌑 FIRST	22	23	24	25
☾	26	27	28	29 🌑 FULL ≈	30 ♊ Delta Aquariids	31	

BY THE MOON THIS MONTH

🌑

☾

WAXING

NEW 14 TO FULL 29

Succession-sow fast leafy crops (lettuce, rocket, chard) in the cooler morning hours. Cut herbs for drying just before the Full Moon, when their oils are said to peak.

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🌑

FULL MOON

THE 29TH

Pick tomatoes, courgettes, cucumbers and berries for eating fresh, while produce is at its juiciest.

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⌒

WANING

FULL 29 TO NEW AUG 12

Divide spring perennials that have finished flowering; harden off brassica seedlings for autumn; mulch hard against the heat (the highest-leverage task of the month).

THIS MONTH IN THE GARDEN

- Keep swales and water barrels topped before any dry spell.
- Deadhead flowers to keep the pollinators fed.
- Check young trees and hedgerow plantings for water stress.

SEEDLINGS · CUTTINGS · RESCUES

Too hot to plant out — keep young stock alive. Hold potted natives and rescued seedlings in shade and water them at dusk; take softwood cuttings of willow, poplar and shrubs on the waning days to root for autumn.

Y WAXING · SOW ABOVE-GROUND L WANING · ROOTS & PRUNING | ☀ EQUINOX ● SOLAR ECLIPSE ○ LUNAR ECLIPSE ✎ METEOR SHOWER

≈ SPRING TIDE ≈ REINFORCED TIDE ∞ CONJUNCTION WEEK BEGINS SUNDAY

SUN	MON	TUE	WED	THU	FRI	SAT
L						1
L 2	3	4	5 ● LAST	6	7	8
Y 9	10	11	12 ● NEW ≈ ● Solar eclipse ✎ Perseids	13	14 ∞ Venus at its brightest	15
Y 16	17	18	19 ○ FIRST	20	21	22
Y 23	24	25	26	27	28 ○ FULL ≈ ○ Lunar eclipse	29
L 30	31					

12 AUG · TOTAL SOLAR ECLIPSE

● First total solar eclipse over mainland Europe since 1999, with totality tracking from Greenland and Iceland to northern Spain. Not visible from most of North America, but the standout sky event of the quarter.

BY THE MOON THIS MONTH

- Y

WAXING

NEW 12 TO FULL 28

Sow a second round of beans, courgette and quick salad greens for an autumn harvest; graft fruit trees if you are working with woody stock.
- FULL MOON

THE 28TH

Harvest stone fruit and the first apples; a good day to press or preserve anything with high moisture content.
- L

WANING

FULL 28 TO NEW SEP 10

Lift and cure onions and garlic; start compost heaps with the season's green waste; direct-sow kale and winter cabbage for overwintering.

THIS MONTH IN THE GARDEN

- Collect and dry seed from your best open-pollinated plants.
- Watch the soil life; mulch and shade cloth matter most now.
- Plan your autumn and winter guilds before the shift.

SEEDLINGS · CUTTINGS · RESCUES

Prepare for the planting season. Pot up self-sown rescue seedlings lifted from paths and verges, collect ripe seed and berries from healthy native trees, and take semi-ripe cuttings as the Moon wanes.

Y WAXING · SOW ABOVE-GROUND L WANING · ROOTS & PRUNING | ☀ EQUINOX ● SOLAR ECLIPSE ○ LUNAR ECLIPSE ✎ METEOR SHOWER

≈ SPRING TIDE ≈ REINFORCED TIDE ∞ CONJUNCTION

WEEK BEGINS SUNDAY

	SUN	MON	TUE	WED	THU	FRI	SAT
L			1	2	3	4 ① LAST	5
L	6	7	8	9	10 ● NEW ≈	11	12
Y	13	14	15	16	17 ● FIRST	18	19
Y	20	21	22	23 ☀ Equinox	24	25	26 ○ FULL ≈
L	27	28	29	30			

BY THE MOON THIS MONTH

- ① Y
WAXING
NEW 10 TO FULL 26

Sow autumn salad leaves, spinach and green manures (field beans, clover) under cover or in open beds; transplant leafy seedlings started in August.
- FULL MOON
26TH, NEAR THE EQUINOX

Harvest winter squash and pumpkins for curing; a traditional day to save the best seed of the year.
- L
WANING
FULL 26 TO NEW OCT 10

Plant garlic and autumn onion sets (the classic root-crop window); prune summer-fruited berry canes; begin layering a no-dig bed for spring.

THIS MONTH IN THE GARDEN

- The best month to start a no-dig bed for next year: layer cardboard, compost and mulch now.
- Collect fallen leaves as they begin; they are free soil-building gold.
- Transplant while the soil still holds its summer warmth.

SEEDLINGS · CUTTINGS · RESCUES

The tree-planting year reopens. Sow fresh-collected acorns and nuts into deep pots, transplant nursery seedlings on the waning Moon while the soil holds warmth, and heel-in seedlings rescued from sites due for clearing.