

# Vegetable Sowing and Planting Guide

## Heat-Loving Summer Vegetables

	<b>How to Plant</b>	<b>Earliest Date</b>	<b>Latest Date</b>	<b>Notes</b>
Beans, Green Bush	Direct Seed	May 01	Jul 15	Seed will rot if ground is cold
Beans, Pole Beans	Direct Seed	May 01	Jul 15	Seed will rot if ground is cold
Beans, Shelling/Dry	Direct Seed	May 01	Jul 15	Seed will rot if ground is cold
Beans, Asian Yard Long	Direct Seed	May 15	May 30	Seed will rot if ground is cold
Corn, Sweet	Direct Seed	Apr 20	Jun 15	Seed will rot if ground is cold
Corn, Popcorn	Direct Seed	Apr 20	Jun 15	Seed will rot if ground is cold
Cucumbers	Transplant	Apr 20	Jun 30	Can direct sow after May 15
Eggplant	Transplant	May 15	May 30	Sensitive to cold.
Melon, Cantaloupe	Transplant	May 01	May 30	Planting into cold ground can stunt plants
Melon, Honeydew	Transplant	May 01	May 30	Planting into cold ground can stunt plants
Melon, Watermelon	Transplant	May 01	May 30	Planting into cold ground can stunt plants
Okra	Transplant	May 10	May 30	Will not grow if ground is cold.
Peppers, Hot	Transplant	May 01	May 30	Planting into cold ground can stunt plants
Peppers, Sweet	Transplant	May 01	May 30	Planting into cold ground can stunt plants
Pumpkins	Transplant	May 15	Jun 15	Planting in early June may reduce pest pressure
Potatoes, Sweet	Sets	May 15	Jun 15	Extremely sensitive to frost.
Squash, Summer/Zucchini	Transplant	May 01	Jul 15	Can replant until July 15 if plants die early.
Squash, Winter/Butternut	Transplant	May 01	Jun 15	Planting in early June may reduce pest pressure
Tomatoes	Transplant	May 01	Jun 15	Planting into cold ground can stunt plants
Tomatillos	Transplant	May 01	May 30	Planting into cold ground can stunt plants

## Sowing

### Cool-Loving Spring-Planted Vegetables

	<b>How to Plant</b>	<b>Earliest Date</b>	<b>Latest Date</b>	
Beets, Spring	Direct Seed	Mar 01	Apr 15	Plant in low tunnels in early March or outside in April.
Broccoli, Spring	Transplant	Mar 01	Apr 15	Avoid heat stress on plants by planting early.
Brussels Sprouts	Transplant	Mar 15	Apr 15	Long crop time, plant early.
Cabbage, Spring	Transplant	Mar 01	Apr 15	Stagger plantings for longer harvest
Cauliflower, Spring	Transplant	Mar 01	Apr 15	Avoid heat stress on plants by planting early.
Carrots, Spring	Direct Seed	Mar 01	Apr 15	Try doing an early and a late sowing.
Collards, Spring	Transplant	Mar 01	Apr 15	Can get tough as gets warmer. Plant early.
Kale, Spring	Transplant	Mar 01	Apr 15	Stagger plantings for longer harvest
Kohlrabi, Spring	Transplant	Mar 01	Apr 15	Stagger plantings for longer harvest
Leeks, Spring	Transplant	Apr 01	May 15	Long crop time, plant early.
Lettuce, Spring	Transplant	Mar 15	May 15	Stagger plantings for longer harvest
Pac Choi, Spring	Transplant	Mar 01	Apr 15	Stagger plantings for longer harvest
Onions, Green, Spring	Direct Seed	Apr 01	Apr 30	Sow as soon as soil begins to warm
Radishes, Spring	Direct Seed	Mar 01	Apr 30	Stagger plantings for longer harvest
Turnips, Spring	Direct Seed	Mar 01	Apr 15	Sow as soon as soil begins to warm
Spinach, Spring	Direct Seed	Mar 01	Apr 15	Stagger plantings for longer harvest
Swiss Chard, Spring	Transplant	Mar 01	Apr 15	Can take more heat than other greens.

### Other Spring-Planted Vegetables

	<b>How to Plant</b>	<b>Earliest Date</b>	<b>Latest Date</b>	
Asparagus	Bare-root	Plant March – Mid April		Perennial, harvest beginning year 3
Potatoes, Irish	Tuber	Mar 01	Mar 30	May need to cover if late frost
Rhubarb	Bare-root	Mar 01	Apr 15	Perennial, harvest beginning year 3
Onions, Bulb	Bulbs/Sets	Mar 15	Apr 15	Soil needs to be warming up.
Peas, Snow	Direct Seed	Mar 15	Mar 30	Soil needs to be cool, but not cold or warm.
Peas, Shelling	Direct Seed	Mar 15	Mar 30	Soil needs to be cool, but not cold or warm.

Sowing

**Cool-Loving Fall-Planted Vegetables**

	<b>How to Plant</b>	<b>Earliest Date</b>	<b>Latest Date</b>	
Beets, Fall	Direct Seed	Aug 01	Sep 15	Early crop for fall, late sowing for winter
Broccoli, Fall	Transplant	Aug 01	Aug 30	Early crop for fall, late sowing for winter
Cabbage, Fall	Transplant	Aug 01	Aug 30	Early crop for fall, late sowing for winter
Cauliflower, Fall	Transplant	Aug 01	Aug 30	Early crop for fall, late sowing for winter
Carrots, Fall/Winter	Direct Seed	Aug 01	Sep 30	Early crop for fall, late sowing for winter
Collards	Transplant	Aug 01	Aug 30	Plant in August, Harvest late Oct – Dec
Garlic	Bulb	Sep 30	Oct 30	Plant in fall for harvest following summer.
Kale, Fall	Transplant	Aug 01	Aug 30	Early crop for fall, late sowing for winter
Kohlrabi, Fall	Transplant	Aug 01	Aug 30	Early crop for fall, late sowing for winter
Leeks, Fall	Transplant	Aug 01	Aug 30	Plant in August, Harvest April – June
Lettuce, Fall	Transplant	Aug 01	Sep 15	Early crop for fall, late sowing for winter
Pac Choi, Fall	Transplant	Aug 01	Sep 15	Early crop for fall, late sowing for winter
Onions, Green, Fall	Direct Seed	Jul 15	Aug 30	Early crop for fall, late sowing for winter
Radishes, Fall	Direct Seed	Aug 01	Sep 30	Early crop for fall, late sowing for winter
Turnips, Fall	Direct Seed	Aug 01	Sep 15	Early crop for fall, late sowing for winter
Spinach, Fall	Direct Seed	Aug 01	Sep 30	Early crop for fall, late sowing for winter
Swiss Chard, Fall	Transplant	Aug 01	Aug 30	Not as cold-tolerant