



SEED SOWING & TRANSPLANTING GUIDE

Seeds to Start Early

Plant Type	Winter Sow (earliest date)	Indoor Sow	Transplant
Broccoli ⁺	February	Early March	Late April
Cauliflower ⁺	February	Early March	Late April
Cabbage ⁺	February	Early March	Late April
Collards ⁺	February	Early March	Late April
Eggplant	March	Late March	Late May
Kale ⁺	February	Early March	Late April
Leek ⁺	February	Late February	Late April
Lettuce, Head ⁺	February	Early March	Mid-April
Melon	April	Early May	Early June
Onion & Shallots ⁺	February	Mid-February	Late April
Pepper	March	Mid-March	Late May
Swiss Chard ⁺	February	April	Early May
Tomato	March	Mid-March	Late May

**cool soil ok for germination*

Seeds to Sow Directly Into Garden

Plant Type	Min/Ideal Soil Temperature	Approx Date	Approx Date Successive Sowing
Arugula	32°F / 40-55°F *	Mid-April	August
Bean	60°F / 75-85°F	Late May	
Beet	40°F / 60-85°F *	Mid-April	July
Carrot	40°F / 65-85°F *	Mid-April	May and June
Corn	50°F / 65-95°F	Late May	
Cucumber	60°F / 65-95°F	Late May	
Kale	40°F / 45-75°F *	Mid-April	August (for baby kale)
Kohlrabi	40°F / 45-70°F *	Mid-April	Early August
Lettuce, Loose Leaf	32°F / 60-75°F *	Mid-April	August
Melons	60°F / 75-95°F	Late May	
Pea	40°F / 65-75°F *	Mid-April	August
Potato	40°F / 50-70°F	Mid-May	
Radish	40°F / 65-85°F *	Mid-April	August
Rutabaga	40°F / 45-70°F	Mid-May	Late July
Spinach	32°F / 65-75°F *	Mid-April	August
Squash, Summer/Winter	60°F / 85-95°F	Late May	
Swiss Chard	40°F / 50-85°F	Late April	Early August

**sow as soon as the soil can be worked*