



Vegetable Garden Seed & Planting Guide

MAKE A PLAN

- Decide what you want to grow and where you will grow it. Where space is limited many plants can be grown in containers. In-ground gardens can be grown at grade or in raised beds.
- Start with seed that has been kept cool and dry. Veggie seed can stay viable for a few years but germination decreases as seed ages. Refrigerate extra seeds for future sowing.
- Determine the target date for transplanting outside and the number of weeks needed to grow plants up to size. See chart on back.
- Before planting out seedlings should be hardened off. Move trays outside for increasing lengths of time to acclimate to wind and sun.

GATHER SUPPLIES

- Garden soil is too heavy and may contain disease organisms. Use a potting media made especially for seed starting.
- Seeds must be kept moist to germinate. You'll need clear plastic wrap or a dome to cover containers to trap moisture. This cover will be removed when seedlings emerge.
- Plants require adequate light once sprouts emerge. South facing windows may not provide enough so use fluorescent lights suspended 2-4 inches above the top of the seedlings for 12-16 hours each day.
- Different seeds require varying temperatures for successful germination. Hanging fluorescent lights can provide enough extra warmth or use a heat mat specifically for seed starting. Once plants have sprouted they can be grown at a cooler temperature, 65-70 degrees during the day and 55-60 degrees at night.

What You Might Harvest Month-by-Month

APRIL

asparagus • lettuce • radishes • Swiss chard • turnips

MAY

asparagus • rhubarb • basil • beets • broccoli • cabbage • cilantro • carrots • cauliflower • dill
fennel greens • kale • lettuce • peas • radishes • radishes • strawberries • Swiss chard
tomatillos • turnips

JUNE

asparagus • rhubarb • basil • beets • bok choy • cilantro • carrots • collards • cucumbers • dill
eggplant • fennel greens • kale • okra • onions • bunching onions • peas • peppers • potatoes
radishes • radishes • strawberries • summer squash • Swiss chard • tomatillos • tomatoes
watermelons

JULY

basil • bush & pole beans • coriander • canteloupe • carrots • cucumbers • eggplant
fennel greens • garlic • leeks • okra • onions • bunching onions • peppers • summer squash
winter squash • Swiss chard • tomatillos • tomatoes • watermelons

AUGUST

basil • bush & pole beans • coriander • canteloupe • carrots • cucumbers • dill • eggplant
fennel greens & bulbs • leeks • okra • peppers • strawberries • summer squash
winter squash • sweet corn • Swiss chard • tomatillos • tomatoes

SEPTEMBER

basil • bush & pole beans • cilantro • carrots • collards • dill • fennel greens & bulbs
leeks • lettuce • okra • bunching onions • parsnips • peas • peppers • pumpkins • radishes
radishes • strawberries • summer squash • sweet corn • Swiss chard • turnips

OCTOBER

beets • bok choy • broccoli • Brussels sprouts • cabbage • carrots • cauliflower • collards
fennel greens & bulbs • horseradish • kale • leeks • lettuce • bunching onions • parsnips
peas • potatoes • pumpkins • radishes • radishes • sweet potatoes • Swiss chard • turnips

NOVEMBER

cabbage • collards • fennel bulbs • horseradish • kale • leeks • Swiss chard

Thinning seedlings and young plants presents an opportunity to enjoy "baby" veggies and microgreens. Cold frames and row covers can significantly lengthen planting windows and accelerate harvest times.

Study Plant Relationships

- Companion planting is an easy way to promote pollination and repel common pests. Marigolds, sage, lavender, borage, and catmint are excellent choices to bring in bees and repel pests. Some plants benefit each other like the three sisters: corn, bean, and squash. The beans fix nitrogen, the corn supports the beans and the squash vines provide a living mulch.

Squash Bugs Are the Worst

- Squash and melon plants are vulnerable to devastating damage from squash bugs as seedlings easily harmed by overwintering adult squash bugs and as plants begin to flower and eggs begin to hatch. Covering young plants with row covers, handpicking bugs and washing off eggs, applying insecticidal soap as bugs emerge, and fall clean up will all help keep plants productive.

Size Matters

- When container gardening, be sure to select varieties scaled to your space. You can grow broccoli, cabbage, strawberries, lettuce and greens in spring and fall, and many herbs, onions, summer squash, beans and eggplant in summer. Many varieties of peppers and tomatoes can also grow successfully in pots and hanging baskets.

GROUP 1
cole crops & greens

GROUP 2
8-10 week to planting

GROUP 3
4-6 weeks to planting

ALL THE REST
crowns, pips, sets &
direct seed sowing

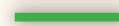
Start Seeds



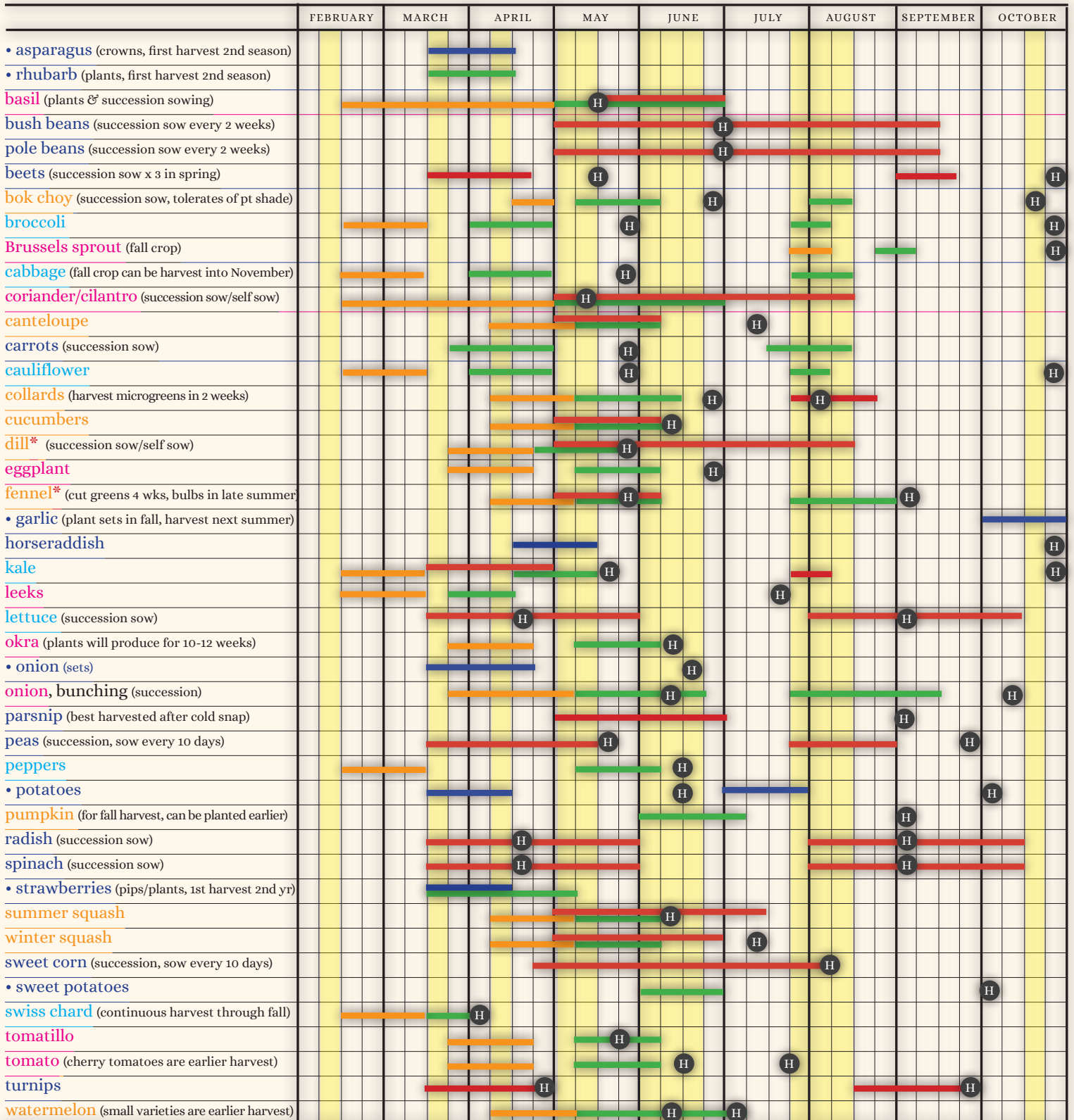
Direct Sow



Plant Out



Crowns, Pips, Slips & Sets



WEATHER, PLANTING & HARVEST TIMES
ARE BASED ON AVERAGES FOR VINLAND
VALLEY AND THE SURROUNDING AREA

Use row covers to protect early spring
vegetables. It's inexpensive and reusable.

Row cover can also be used to protect
squash and melon plants from squash
bugs.

(H) harvest based on earliest sowing & planting out

SEED STARTING GROUP: 1

SEED STARTING GROUP: 2
St. Patrick's Day: plant out potatoes,
onion sets and cole crops

SEED STARTING GROUP: 3

Overnight temps warm enough
for planting out tomato & pepper

Squash bug and other pests begin
hatching. Watch for eggs on the
back of squash and melon foliage.

Begin sowing cool weather crops
for fall as overnight temperatures
begin to cool.



* dill and fennel
are host plants for
swallowtail butterflies
— plant some extra
to share!

Average first frost