

Calendar of Indoor Seeding and Outdoor Transplanting

My average date of last frost is May 26. I spread my seed starting over the spring months based on that date.

You can adjust this calendar earlier or later based on your last frost free date. For instance, if your last frost free date is May 15, you should seed early cabbage indoors in Late March, harden in Late April, and transplant in Early May.

Date (Week of) Crop	Early March 1-10	Mid March 10-20	Late March 20-31	Early April 1-10	Mid April 10-20	Late April 20-30	Early May 1-10	Mid May 10-20	Average Frost Free Date (Late May – 20-31st)	Early June 1-10	Mid June 10-20
Leeks Onions	Seed indoors					Harden	Transplant				
Parsley		Seed indoors				Harden	Transplant				
Peppers Eggplant			Seed indoors					Harden	Transplant*		
Tomatoes			Seed indoors	Seed Indoors		Harden	Transplant*				
Lettuce				Seed (1) indoors		Seed (2) indoors	Harden (1)	Transplant (1)	Transplant (2)		
Cabbage Broccoli (early) Kale Swiss Chard				Seed indoors			Harden	Transplant			
Melons Winter squash Zucchini Cucumber Basil							Seed indoors		Harden		Transplant
Cabbage Broccoli (late)									Seed indoors		Transplant

Spring Schedule of Outdoor Seed Sowing

Very Hardy	Hardy	Semi-Hardy	Tender	Heat-Loving
Sow 5-7 weeks before last frost	Sow 2-3 weeks before last frost	Sow 1-2 weeks before last frost	Sow on or just after last frost	Sow 1-2 weeks after last frost
Leeks Onions (seeds/sets) Peas Spinach Dill Garlic (plant in fall) Shallots	Lettuce Mustard Turnip Greens Chervil Coriander Parsley	Beets Carrots Parsnips Radishes Broccoli* Brussels Sprouts* Cabbage* Cauliflower* Kale Kohlrabi Swiss Chard Potatoes	Beans Corn Pumpkin Summer Squash Winter Squash Zucchini	Cucumber Lima Beans Eggplants* Tomatoes* Peppers* Cantaloupe* Watermelon* Peanuts Sweet Potatoes

* Best as transplants

Summer Schedule of Outdoor Seed Sowing

Sow 10-12 weeks before fall frost	Sow 8 weeks before fall frost
Beets Carrots Chinese Cabbage Endive Radicchio Rutabaga	Bok choy Lettuce Oriental radish Snow peas Spinach Turnips