



VEGETABLE PLANTING CALENDAR

for the Central Valley, East Bay and Low Foothills

Sources: FarmerFred.com and U.C. Davis Vegetable Research and Info Center.

KEY

- S Seed: Direct Planting
- P Plant Starters: Direct Planting
- * Start seeds in pots in protected area

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept	Oct	Nov	Dec
Asparagus	P											P
Beans, Fava		S	S							S	S	
Beans, Snap				S	S	S						
Beets		S/P	S/P	S/P				S/P	S/P	S/P		
Bok Choy/Pak Choi	P								P	P	P	P
Broccoli	*	P					*	S/P	P	P	P	*
Brussels Sprouts							S/P	P				
Cabbage	*	P					*	S/P	P	P	P	
Carrots			S	S	S			S	S	S	S	S
Cauliflower	*						*	S/P	P	P	P	
Celery			S/P	S/P			P	P	P	P	P	
Chard, Swiss		S/P	S/P	S/P	S/P			S/P	S/P	S/P	S/P	
Cilantro								S/P	S/P	S/P	S/P	
Collards		S/P	S/P					S/P	S/P	S/P		
Corn				S/P	S/P	S/P	S/P					
Corn Salad/Mache	S/P	S/P	S/P	S/P					S/P	S/P	S/P	S/P
Cucumbers				S/P	S/P	S/P						
Eggplant		*	*	S/P	S/P	P						
Garlic (from cloves)									Cloves	Cloves	Cloves	
Kale		S/P	S/P					S/P	S/P	P	P	P
Kohlrabi		S/P	S/P						P	P	P	
Leeks		P	P			P		P	P	P		
Lettuce, Head	S/P	S/P						S/P	S/P			
Lettuce, Leaf	S/P	S/P	S/P						P	S/P	S/P	P
Melons					S/P	S/P						
Mustard	S	S	S	S				S	S	S	S	S
Okra				S	S	S	S					
Onions								S	S	S/P	S/P	S/P
Parsnips				S			S			S		
Peas	S	S	S						S	S	S	S
Peppers	*	*	*	P	P							
Potatoes, sweet (slip)				P	P	P						
Potatoes, white (slip)	P	P	P					P	P			P
Pumpkins					S	S						
Radish	S	S	S	S					S	S	S	S
Rutabaga							S	S				
Shallots									S/P	S/P	S/P	
Soybean/Edamame				S	S	S						
Spinach		S/P	S/P	S/P					S/P	S/P	S/P	
Squash, Summer				S/P	S/P	S/P						
Squash, Winter				S/P	S/P	S/P						
Tomatoes	*	*	*	P	P	P						
Turnips		S	S						S	S	S	
Watermelon					S/P	S/P						

TIPS FOR A HEALTHY HARVEST

- 1 **Find the Sun:** Veggies typically need at least six hours of sun per day.
- 2 **Condition Your Soil:** Amend to loosen compact soil, conserve moisture, and add organic matter for healthier plants.
- 3 **Focus on Root Growth:** Add a starter fertilizer to quickly establish strong, healthy root growth before summer heat.
- 4 **Continue Feeding:** Fertilize with organics to encourage more fruit and veggies over leaf growth.

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