



Nature & Nurture Seeds'

Vegetable Planting Dates

USDA Zones 5&6

Vegetable	Spring Planting			Fall Sowing Dates
	Sow Seed Indoors Date(s)	Transplant Outside Date	Direct Sow (outside) Date(s)	
Amaranth	X	X	5/20 - 7/20	X
Arugula	X	X	3/27 - 5/15	8/1-9/15*
Basil	4/10 - 6/1	5/20	6/1 - 7/1	X
Beans (pole)	X	X	(soil T >60°) 5/7 - 6/1	X
Beans (snap, bush)	X	X	(soil T >60°) 5/7 - 8/1	8/1
Beet	3/15 - 8/1	5/1	(soil T >50°) 4/21 - 8/1	8/1
Broccoli	3/15 - 7/15	4/15	5/1-6/1	7/15
Cabbage	4/1 - 7/15	5/1	5/1-7/15	7/15
Carrot	X	X	4/15-8/1	8/1
Chard, Swiss	3/15 - 7/15	5/1	5/15-8/7	8/1
Chicory	7/1-8/31	8/1 - 9/7	7/1-8/31	9/1
Cilantro	not recommended	X	(soil T >55°) 5/1 - 9/1	9/1
Collards	3/1 - 8/1	3/27	3/27 - 8/1	8/1
Corn	X	X	(Soil T >65°) 5/15-6/7	X
Cucumber+	5/1	5/20+	6/1 - 7/1	X
Edamame	X	X	5/7 - 6/15	X
Eggplant	4/1	5/20	X	X
Garlic Chives	3/15	5/15	5/20-6/15	X
Good King Henry	4/1	6/1	5/20 - 6/15	X
Hairy Vetch	X	X	(soil T >60°) 5/7 - 8/1	8/1-9/30
Kale (large plants)	3/1 - 8/1	3/27	3/27 - 8/1	8/1
Kale (baby leaf)	X	X	3/27 - 9/1	9/1
Leeks	2/1 - 3/31	4/15 - 6/15	3/15	6/15
Lettuce (leaf lettuce)	3/1 - 8/15	3/27	3/27 - 6/30	9/7*

Lettuce (head)	3/1 - 7/15	3/27	3/27 - 6/30	8/7*
Melon+	5/1	5/20+	6/1 - 6/15	X
Mustard, Asian (Mizuna)	X	X	3/27 - 8/1	8/1-9/7
Mustard, Indian	X	X	4/15 - 8/30	8/1-8/30
Onions (Bulb onions)	1/20	3/15	X	X
Peas	3/1 - 3/27	3/27	3/27 (Soil T>40°)	7/1
Peppers	4/1	5/20	X	X
Radish (spring types)	X	X	3/24 - 5/15	9/7
Spinach	X	X	3/27 - 5/15	8/15*
Squash, summer+	5/1	5/20+	6/1 - 6/15	X
Squash, winter+	5/1	5/20+	6/1	X
Tomato	4/1-4/10	5/20	not recommended	X
Watermelon+	5/1	5/20+	6/1	X

* seeds may not germinate when soil temperatures are too hot

+ start seeds into biodegradable pots and plant pot-and-all into the ground