

# Intermountain West Planting and Growing Guide For Veggies and Herbs

A collaboration between [Methow Naturalist \(methownaturalist.com\)](http://methownaturalist.com) and [Methow Valley Seed Collective \(mvseedcollective.com\)](http://mvseedcollective.com)

## Notes:

❖ Most seeds should be planted about 2 x the width of the seed.

❖ In this chart, June 1 is a stand in for “last frost”. In recent years, it’s been as early as mid-May. Move up your outdoor planting time a couple of weeks if you want to be a risk taker. We have done so to good results at the Methow Valley Seed Collective...

Vegetable	Days to Maturity	Dates	Seed Depth & Spacing	Ideal Temp for Germination	Notes
Arugula <i>Eruca vesicaria</i>	35-50	Outdoors: April 15-Sept	½” deep, 1” apart in rows 18” apart	Optimum: 70 Range: 65-85	Plant is frost hardy; bolts to flower and seed in heat. Can use flowers in salad. Frequent watering reduces pungency.
Basil <i>Ocimum basilicum</i>	75-85	Indoors: April 1 Outdoors: June 5	¼” deep, 10-12” apart in rows 24” apart	Optimum: 75-80 Range: 70-85	Can be started from seed in the garden on June 10 or planted indoors in April. Extremely frost sensitive.
Beans-Pole <i>Phaseolus vulgaris</i>	55-70	Outdoors: June 1	1” deep, 6 beans per pole (thin to 3) or 2” apart on a trellis	Optimum: 70 Range: 60-80	Poles or trellis should be 6’ tall. Keep soil moist in hot weather. Keep beans picked clean for greater production. Treat seed with inoculant for greater production.
Beans- Bush/Dry <i>Phaseolus vulgaris</i>	50-60 bush 70-100 dry	Outdoors: June 1 plant every 2 weeks up to July 1	1” deep, sow every 4” in rows 24” apart	Optimum: 70 Range: 60-80	Shallow-rooted; be sure soil is moist in hot weather. Keep plants well picked to encourage new blooms and extend season. Treat seed with inoculant for greater production.
Beets <i>Beta vulgaris</i>	45-75	Outdoors: April 1 for early, June 15 for winter beets	Plant seeds ½” deep and 1” apart, thin to 4” in rows 18-24” apart	Optimum: 80 Range: 60-85	Scab can be prevented by 1) making sure that pH level is near 7.0 (or slightly acidic, 6.5), 2) keep 2 years rotation between beets (or potatoes) in same spot, 3) no wood ashes or fresh manure in soil 4) check for adequate Boron
Broccoli and Cauliflower <i>Brassica oleracea</i>	70-90	Indoors: April 1 Transplant: May 1 Outdoors: April 15	Plant seeds ½” deep, space growing plants 24” apart, rows 24”	Optimum: 75 Range: 65-85	All of the Brassicias (broccoli, brussel sprouts, cauliflower, cabbage, kale) can be direct-seeded in the garden, or started indoors.
Cabbage <i>Brassica oleracea</i>	65-100 depending on variety	Indoors: April 1 for summer cabbage May 7 for storage Outside: 2 true leaves	Plant seeds ½” deep, space growing plants 24” in rows 24” apart	Optimum: 85 Range: 45-95	Space small headed cabbages plant at 12”, larger storage cabbages at 24” apart. Keep soil moist. Plants can form small secondary heads after the original is cut.
Carrots <i>Daucus carota</i>	45-75	Outdoors April 15 to July 1	Plant seeds ¼ “ deep, thin to 1” apart; rows can be 6-12” apart.	Optimum: 80 Range: 55-85	No fresh manure, which causes hairy roots. Can take 3 weeks to germinate—keep the soil moist. Keep up on the early weeds in carrots.
Cilantro <i>Coriandrum sativum</i>	50-55 leaf 90-100 seed	April 15-Sept 1	Plant seeds ½ “ deep in rows 4” apart	Optimum: 55 Range: 45-65	Flowers are edible. Bolts to flower and seed quickly—keep planting. Let it go to seed for coriander.
Corn <i>Zea mays</i>	75-90	In small cells: May 15 Outdoors: May 25, try two successions for sweet corn	Plant seeds 1-2” deep in rows 30” apart, thin to 12” apart	Optimum: 95 Range: 60-95	Plant corn in at least four rows for adequate wind pollination. Corn is a “heavy feeder” and will be more productive if side-dressed with organic fertilizer while growing..
Cucumber <i>Cucumis sativus</i>	50-55 pickling 60-70 slicing	Indoors: May 15 Transplant: June 15 direct sow after June 1	Plant seeds ½” deep, 4-6 seeds per hill spaced 3’ apart	Optimum: 95 Range: 60-95	Plant on trellis to save space. If starting indoors plant in peat pots so roots will not be disturbed. Needs fertile, moist soil. Pick regularly.

Eggplant <i>Solanum melongena</i>	60-90	Indoors: March 15 Transplant: June 1	Plant seeds ½” deep in planting tray, then 18” apart in rows 2.5’ apart	Optimum: 85 Range: 75-90	Originated in India. Fruits will be larger if some late-blooming flowers and terminal growth is pinched off. Harvest before fruits lose their glossy shine.
Kale <i>Brassica oleracea</i>	60	Outside: April 15 For fall crop: July 1	Plant seeds ½” deep, space growing plants 18” apart, rows 18-24”	Optimum: 75 Range: 65-85	Kale has the best flavor after a light frost. Kale that has matured in late summer and fall will stay edible through heavy frost.
Lettuce <i>Lactuca sativa</i>	25-30 baby 45-60 heads	Indoors: Feb 15, set out in coldframe March 1 Outside: April 15	Plant seeds ½” deep and 1” apart in 12” wide rows, or 12” apart for head lettuce	Optimum: 75 Range: 40-80	Lettuce requires plenty of moisture. Will germinate as low as 40d, often will not germinate over 75d. Can be planted close together and cut off 2” above ground when 4-8” tall—it will grow back several times.
Melon <i>Cucumis melo</i>	75-95	Indoors: May 15 Transplant: June 15	Plant seeds ½” deep in hills 2/hill 48” apart	Optimum: 90 Range: 75-95	Best to start indoors, but don’t let seedlings become root-bound. Plant in warmest part of garden, or up against south side of shed or house.
Onions <i>Allium cepa</i>	95-125 seed 80-105 starts	Start indoors March 1-15, transplant April 15-May 1.	Plant ½” deep, 2-4 seeds per inch, rows 15” apart	Optimum: 75 Range: 50-95	Best production when planted as starts. Can be started indoors in crowded flats and transplanted.
Parsley <i>Petroselinum crispum</i>	70-80	Outside: April 15	Plant seeds ½” deep and 1” apart, rows 18”	Optimum: 75 Range: 50-85	Germinates best in cool soil, can take up to 30 days to sprout. Soak seed 4-8 hours before planting.
Peas-snap/shell <i>Pisum sativum</i>	55-60	Outside: April 5	Plant seeds 1” deep and 1” apart, in rows 24” apart	Optimum: 75 Range: 50-75 Minimum: 40	Treat seed with bacterial inoculant for greater production. Mulch plants and water frequently to keep roots cool. Can be planted on either side of a support fence. Keep picked.
Peppers <i>Capsicum annuum</i>	65-85	Inside: March 15 Transplant: June 1	Plant seeds ½” deep indoors, set out 1½-2’ apart in rows 24” apart	Optimum: 85 Range: 65-95	Plant seeds indoors 8-10 wks before last frost. Germinates in 14 days at 70 degrees (may need an electric heating pad or wire), grow at 70 d with night temps not falling below 62 d. Fertilize several times when young.
Spinach <i>Spinacia oleracea</i>	35-45	Outdoors- April 20. For a fall crop plant August 15.	Plant seeds ½” deep and 1” apart, thin to 3”, with rows at least 12” apart	Optimum: 70 Range: 45-75	Replant every two weeks for continuing production. Nitrogen supplied during growth greatly increases size of plants.
Squash- Summer, Zucchini <i>Cucurbita pepo</i>	45-60	Indoors: May 15 in peat pot Transplant: June 15	Plant seeds or transplants in hills, 1” deep, 3/hill, 48” apart	Optimum: 90 Range: 70-90	Start indoors 3 weeks before last frost, or in garden on June 1. All squash are monoecious (bearing separate male and female flowers on the same plant).
Squash- Winter <i>Cucurbita species</i>	85-100	Indoors: May 15 in peat pot Transplant: June 15	Plant seeds or transplants in hills, 1” deep, 3/hill, 48” apart	Optimum: 90 Range: 70-90	Don’t harvest till stems are brown and “corky”, cure for two weeks at 80° F.
Tomatoes <i>Lycopersicon lycopersicum</i>	60-90	Indoors: March 15-April 1 Transplant: June 1	Plant seeds ½” deep; plant transplants 24” apart, and rows 30” apart	Optimum: 85 Range: 60-85	Indeterminate varieties need to be staked, determinate types do not. Sow indoors 6-8 wks before planting (March 15). Growing seedlings in full light and cooler temps, 60-70° to prevents legginess. Plant starts up to first leaves; the stems will root.

Thanks to Dana Visalli for most of the work involved in this chart. To learn lots more about the Methow wild and cultivated subscribe to the Methow Naturalist and visit [www.methownaturalist.com](http://www.methownaturalist.com). To learn more about the Methow Valley Seed Collective, visit [www.mvseedcollective.com](http://www.mvseedcollective.com).