



# Summer & Fall Vegetable Planting Guide

Enjoy an abundant harvest through fall and winter with these cold-hardy vegetables!

*Created in collaboration with Affinity Farm!*

## Sowing Date Range:

Start Seeds Inside
  Direct Seed Outside
  Transplant to Garden

	Early June	Late June	July	August	September	October	Harvest
Beans	Direct Seed Outside						Summer→Fall
Broccoli	Direct Seed Outside	Direct Seed Outside	Direct Seed Outside				Fall
Cabbage	Direct Seed Outside	Direct Seed Outside					Fall
Cilantro	Start Seeds Inside	Start Seeds Inside	Start Seeds Inside	Start Seeds Inside	Start Seeds Inside	Direct Seed Outside	Fall→Spring
Collards	Start Seeds Inside	Start Seeds Inside	Direct Seed Outside				Fall→Spring
Corn	Direct Seed Outside						Fall
Kale	Start Seeds Inside	Start Seeds Inside	Direct Seed Outside				Fall→Spring
Kohlrabi				Direct Seed Outside	Direct Seed Outside		Fall
Lettuce	Start Seeds Inside	Start Seeds Inside	Start Seeds Inside	Start Seeds Inside	Start Seeds Inside		Fall→Winter
Mustard Greens	Start Seeds Inside	Start Seeds Inside	Start Seeds Inside	Start Seeds Inside	Start Seeds Inside		Fall→Winter
Parsnips	Direct Seed Outside	Direct Seed Outside					Fall→Spring
Squash (Summer)	Direct Seed Outside						Summer→Fall
Squash (Winter)	Direct Seed Outside						Fall
Arugula	Direct Seed Outside	Direct Seed Outside	Direct Seed Outside	Direct Seed Outside	Direct Seed Outside	Direct Seed Outside	Fall→Spring
Beets	Direct Seed Outside	Direct Seed Outside	Direct Seed Outside				Fall→Winter
Carrots	Direct Seed Outside	Direct Seed Outside	Direct Seed Outside				Fall→Spring
Cress	Direct Seed Outside	Direct Seed Outside	Direct Seed Outside	Direct Seed Outside	Direct Seed Outside		Fall→Spring
Fennel	Start Seeds Inside	Start Seeds Inside	Start Seeds Inside	Start Seeds Inside			Fall
Frisee	Start Seeds Inside	Start Seeds Inside	Start Seeds Inside	Start Seeds Inside	Start Seeds Inside		Fall→Winter
Pac Choi	Start Seeds Inside	Start Seeds Inside	Start Seeds Inside	Start Seeds Inside	Start Seeds Inside		Fall→Winter
Radishes	Direct Seed Outside	Direct Seed Outside	Direct Seed Outside	Direct Seed Outside	Direct Seed Outside		Fall
Spinach	Direct Seed Outside	Direct Seed Outside	Direct Seed Outside	Direct Seed Outside	Start Seeds Inside		Fall→Winter
Tatsoi	Start Seeds Inside	Start Seeds Inside	Start Seeds Inside	Start Seeds Inside	Start Seeds Inside		Fall
Watermelon Radish	Direct Seed Outside	Direct Seed Outside	Direct Seed Outside	Direct Seed Outside			Fall→Winter
Lovage			Start Seeds Inside	Start Seeds Inside	Start Seeds Inside		Spring
Mache			Start Seeds Inside	Start Seeds Inside	Start Seeds Inside		Fall→Spring
Orach			Start Seeds Inside	Start Seeds Inside	Start Seeds Inside		Fall
Sorrel French			Start Seeds Inside	Start Seeds Inside	Start Seeds Inside	Direct Seed Outside	Fall→Winter
Chervil				Start Seeds Inside	Start Seeds Inside	Direct Seed Outside	Fall→Spring
Seed Garlic						Direct Seed Outside	Summer

*This is for Moscow, Idaho, Hardiness Zones 6a - 6b.  
See Planting Tips and Strategies on the reverse side.*



## **This is for Moscow, Idaho, Hardiness Zones 6a-6b**

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Planting environments in the Intermountain West vary greatly including Arid High Desert, Urban, and High Mountain regions. Be sure to check your Plant Hardiness Zone, THEN watch the weather forecast carefully. Extreme weather, such as high heat, windy conditions, temperature swings, and wildfire smoke, will affect the seeds' ability to germinate and their days to maturity. Gardening should be considered an adapting practice so try different strategies such as starting seeds at different times, or succession planting (*more on that below*).

If this is your first gardening year, consider starting small enough that you can quickly provide shade for plants that need to be protected in the event of high heat. Using shade cloth, or a spare sheet, supported, and sprayed with a hose for cool air works well!

Row cover can be used to extend a growing season up to an additional two weeks in the fall. For more support, try using cold frames (walled outdoor frames that protect plants from the cold while allowing sun exposure). These can be constructed using straw bales with a transparent top. They also come pre-built with rigid plastic siding and a top. As the seasons shift, be sure to watch your frost dates and watch the weather forecasts carefully! Your local nursery is a great resource for helping you successfully plan for cold snaps.

### **Planting Tips:**

- Read the seed packet! Keep seeds moist as they are germinating, start indoors where indicated, and transplant out just as soon as they are big enough to hold their own.
- Add about 30% to the "days to maturity" for crops you're sowing after the summer solstice. The shortening days can increase the growing time needed. You'll generally want to start crops earlier than you might think to get a successful fall and winter crop.
- Allow some of your spring-sown veggies to go to seed in the summer! They will re-seed themselves and grow in the fall with minimal help! Parsnips, greens, Radishes, and Pac Choi work well this way!

### **Succession Planting:**

You can increase your chances of harvesting later in the season by successively planting at timed intervals, rather than all at once. The plants will mature at staggered dates, establishing an ongoing harvest over the coming months! This is a common approach for lettuce, salad greens, and radishes that have shorter growing times to reach maturity. Succession planting is the best way to prevent the problem of having too much lettuce all at once! (*We've all been there!*)

### **Next Level Gardening:**

Due to increasing climate challenges some gardeners are starting seeds indoors through the season in order to have back-up starts in the event of a crop loss. Having protected plant starts ready to transplant when a crop comes out is also a good method for intensive food growing, and provides consistent soil cover.

Planting Mustard Greens, or Arugula, after or with any crop can serve to deter pests, generating some biomass, and offering an opportunity for green manure—the leaves are edible too!

**Remember, have Fun!**