



Spring Planting Guide!

This is for Salt Lake City, UT Growing Zones 6b-7a
Planting tips on the back!

Sowing Date Range ■ Start Seeds Inside ■ Plant Seeds Outside ■ Transplant to Garden

	15-Feb*	20-Mar*	30-Mar	10-Apr	20-Apr	30-Apr	5-May	20-May	30-May	10-Jun	Harvest
Basil	Start Seeds Inside	Start Seeds Inside			Plant Seeds Outside	Plant Seeds Outside	Plant Seeds Outside				Summer
Broccoli	Start Seeds Inside	Start Seeds Inside	Plant Seeds Outside	Plant Seeds Outside	Transplant to Garden	Transplant to Garden	Transplant to Garden				Spring→Winter
Cabbage	Start Seeds Inside	Start Seeds Inside	Start Seeds Inside		Transplant to Garden	Transplant to Garden	Transplant to Garden				Summer→Fall
Collards	Start Seeds Inside	Start Seeds Inside	Plant Seeds Outside	Plant Seeds Outside	Transplant to Garden	Transplant to Garden	Transplant to Garden				Spring→Summer
Kale	Start Seeds Inside	Start Seeds Inside	Plant Seeds Outside	Plant Seeds Outside	Transplant to Garden	Transplant to Garden	Transplant to Garden				Spring→Fall
Leeks	Start Seeds Inside				Transplant to Garden	Transplant to Garden	Transplant to Garden				Summer→Fall
Onion (seed)	Start Seeds Inside				Transplant to Garden	Transplant to Garden	Transplant to Garden				Summer→Fall
Peas	Plant Seeds Outside	Plant Seeds Outside	Plant Seeds Outside	Plant Seeds Outside	Plant Seeds Outside						Summer
Peppers (hot)	Start Seeds Inside	Start Seeds Inside	Start Seeds Inside				Transplant to Garden	Transplant to Garden	Transplant to Garden		Summer
Swiss Chard	Start Seeds Inside	Start Seeds Inside	Start Seeds Inside				Transplant to Garden	Transplant to Garden	Transplant to Garden		Spring→Fall
Arugula		Plant Seeds Outside	Plant Seeds Outside	Plant Seeds Outside	Plant Seeds Outside	Plant Seeds Outside	Plant Seeds Outside	Plant Seeds Outside	Plant Seeds Outside		Spring→Summer
Eggplant		Start Seeds Inside	Start Seeds Inside					Transplant to Garden	Transplant to Garden	Transplant to Garden	Summer→Fall
Lettuce		Plant Seeds Outside	Plant Seeds Outside	Plant Seeds Outside	Plant Seeds Outside	Plant Seeds Outside	Plant Seeds Outside	Plant Seeds Outside			Spring→Summer
Mustard Greens		Plant Seeds Outside	Plant Seeds Outside	Plant Seeds Outside	Plant Seeds Outside	Plant Seeds Outside					Spring→Fall
Parsnips		Plant Seeds Outside									Fall→Winter
Peppers (sweet)		Start Seeds Inside	Start Seeds Inside	Start Seeds Inside				Transplant to Garden	Transplant to Garden	Transplant to Garden	Summer
Radish		Plant Seeds Outside	Plant Seeds Outside	Plant Seeds Outside	Plant Seeds Outside	Plant Seeds Outside	Plant Seeds Outside	Plant Seeds Outside	Plant Seeds Outside	Plant Seeds Outside	Spring→Fall
Spinach		Plant Seeds Outside	Plant Seeds Outside	Plant Seeds Outside	Plant Seeds Outside	Plant Seeds Outside	Plant Seeds Outside				Spring→Summer
Tomatoes		Start Seeds Inside	Start Seeds Inside	Start Seeds Inside			Transplant to Garden	Transplant to Garden	Transplant to Garden	Transplant to Garden	Summer→Fall
Beets		Plant Seeds Outside	Plant Seeds Outside	Plant Seeds Outside	Plant Seeds Outside	Plant Seeds Outside	Plant Seeds Outside	Plant Seeds Outside	Plant Seeds Outside	Plant Seeds Outside	Summer→Fall
Carrots		Plant Seeds Outside	Plant Seeds Outside	Plant Seeds Outside	Plant Seeds Outside	Plant Seeds Outside	Plant Seeds Outside	Plant Seeds Outside	Plant Seeds Outside	Plant Seeds Outside	Summer→Fall
Cucumbers			Start Seeds Inside	Start Seeds Inside	Start Seeds Inside		Plant Seeds Outside	Transplant to Garden	Plant Seeds Outside	Plant Seeds Outside	Summer→Fall
Okra				Start Seeds Inside				Plant Seeds Outside	Transplant to Garden	Plant Seeds Outside	Summer→Fall
Melons (Cantaloupe)					Start Seeds Inside	Start Seeds Inside	Plant Seeds Outside	Plant Seeds Outside	Plant Seeds Outside	Plant Seeds Outside	Summer→Fall
Melons (Watermelon)					Start Seeds Inside	Start Seeds Inside	Plant Seeds Outside	Transplant to Garden	Plant Seeds Outside	Plant Seeds Outside	Summer→Fall
Pumpkins						Start Seeds Inside	Plant Seeds Outside	Plant Seeds Outside	Plant Seeds Outside	Plant Seeds Outside	Fall
Squash (summer)						Start Seeds Inside	Plant Seeds Outside	Plant Seeds Outside	Plant Seeds Outside	Plant Seeds Outside	Summer→Fall
Squash (winter)						Start Seeds Inside	Plant Seeds Outside	Transplant to Garden			Fall
Corn							Plant Seeds Outside	Plant Seeds Outside	Plant Seeds Outside	Plant Seeds Outside	Summer
Beans							Plant Seeds Outside	Plant Seeds Outside	Plant Seeds Outside	Plant Seeds Outside	Summer

*Please Note: Direct seeding in the early season depends on soil workability and use of row covers!

Adapted from the Catalyst Magazine 2015 Guide & Almanac.com



This is for Salt Lake City, Utah *Hardiness Zones 6b-7a*

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 and your last projected frost date. THEN, watch the weather forecast carefully. 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*).

Row cover can be used to extend a growing season up to two weeks earlier in the spring, and allow for an additional two weeks in the fall. Other methods of season extension could include cold-frames. Some folks are starting their seeds in milk jugs (earlier in the season than we are indicating on this guide) to allow them to germinate when they're ready, negating the need to start indoors or harden plants off.

Watch your frost dates and watch the weather forecasts carefully! We recommend checking with your local nursery for ideas, and have a back-up plan. If this is your first gardening year, consider starting small enough that you can quickly cover any plants that need to be protected in the event of a frost warning, using row cover, or a spare sheet!

Spring Planting Tips:

- Keep seeds very moist as they are germinating, start indoors where indicated, and transplant out just as soon as they are big enough to hold their own. Move them into the garden as fast as you can so their growth isn't interrupted.
- Allow some of your spring-sown veggies to go to seed in the summer! They will seed themselves and grow in the fall without your help! Parsnips, greens, Radishes, and Pac Choi work well this way!
- Plan to protect fall-grown greens with a cold frame to harvest greens well into the winter.

Succession Planting:

You can increase your chances of seeing a crop make its way to beautiful harvest time 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. For these crops you can plant them early and then save some seed to plant again for fall crops, more to come on that! In your home garden this is also a good way to provide a steady amount of food for harvest so that you can enjoy eating it fresh! Succession planting is the best way to prevent the problem of having too much lettuce all at once! (*We've all been there!*)

Remember,

have Fun!

Happy Spring!