FIRST, use the map link below to see an easy-to-read version of the Florida Gardening Regions map. Identify which region you are in:

http://solutionsforyourlife.ufl.edu/lawn_and_garden/garden_map.shtml

SECOND: click on the links below to find out when to plant in each Florida gardening region

For vegetables

For flowers

ADDITIONALLY: here is a link to the University of Florida Extension Service that has a wealth of information on gardening in Florida: http://solutionsforyourlife.ufl.edu/lawn_and_garden/