



VEGETABLE GARDEN GROWING GUIDE

<u>Plant Name</u>	<u>Start Indoors</u> How soon before transplanting out?	<u>When To Transplant Outside</u>	<u>When To Direct Seed</u>	<u>Succession Planting</u>	<u>Seeding Depth</u>	<u>Plant Spacing</u>	<u>Row Spacing</u>	<u>Special Considerations</u>
Amaranth	4 - 6 Weeks	After last frost.	After last frost.	✗	Surface sow & tamp down.	12 - 24"	24 - 36"	
Anise	4 - 6 Weeks	After last frost.	After last frost.	✗	1/4"	6"	18"	
Artichoke	10 - 12 Weeks	After last frost.	✗	✗	1/4"	24 - 36"	36 - 72"	Biennial and requires vernalization (simulated winter) to form flowerhead in most of Canada.
Arugula	✗	✗	As soon as soil is workable.	Every 2 Weeks	1/4"	1 - 3"	12 - 18"	Small leaves are mild. Larger leaves are spicy.
Asparagus	8 - 12 Weeks	After last frost.	✗	✗	1/2"	10 - 12"	36 - 72"	Allow 3 years for root development before harvesting.
Basil	6 - 8 Weeks	After last frost.	✗	✗	1/8 - 1/4"	12 - 18"	18 - 24"	Pick off flowers to extend leaf production.
Beans, Bush	✗	✗	After last frost.	Every 2 - 4 Weeks	1"	2"	18"	Prefers warm soil. Seeds may rot if soil is too cold or wet. Picking encourages more production. Nitrogen Fixer.
Beans, Pole	✗	✗	After last frost.	✗	1"	3"	48"	Prefers warm soil. Seeds may rot if soil is too cold or wet. Picking encourages more production. Nitrogen Fixer.
Beans, Fava	✗	✗	As soon as soil is workable.	✗	1"	4 - 6"	18 - 36"	Can be planted when soil is still cold & wet. Prefers cool weather.
Beets	✗	✗	As soon as soil is workable.	Every 3 Weeks	1/2"	2 - 3"	12 - 18"	Can benefit from adding a very small amount of borax (boron) in soil before planting.
Bok Choy	2 - 4 Weeks	Late Spring	As soon as soil is workable.	Every 2 Weeks	1/4"	10 - 12"	12 - 18"	Bolting can occur in seedlings if temps drop below 10°C.
Broccoli	4 - 6 Weeks	Mid-Spring	As soon as soil is workable.	✗	1/4"	18"	18 - 36"	Harvesting side shoots encourages uniform, upright growth.
Brussels Sprouts	4 Weeks	4 Months before FALL frost	4 Months before FALL frost	✗	1/4"	18 - 24"	30 - 36"	Timing is important for formation of Brussels Sprouts. Plant 4 months ahead of first expected Fall Frost.
Cabbage	4 - 6 Weeks	Mid-Spring	As soon as soil is workable.	✗	1/4"	18 - 24"	24 - 36"	Summer & Winter Harvesting Varieties
Caraway	✗	✗	After last frost.	✗	1/4"	4 - 8"	18"	Biennial - Seeds are produced in year #2
Carrots	✗	✗	As soon as soil is workable.	Every 3 - 4 Weeks	1/4 - 1/2"	1-2"	6-8"	Well drained loose soil. Must be thinned & weed free. For Fall carrots, sow no later than 4-6 weeks ahead of first expected Fall frost.
Cauliflower	4 Weeks	After last frost.	✗	✗	1/4"	18 - 24"	24 - 36"	Transplant no later than 4-5 weeks old to avoid stunting plants. Doesn't like hot weather. Time planting for early Fall harvest.
Celeriac	10 - 12 Weeks	After last frost.	✗	✗	1/8"	6 - 8"	24 - 36"	Requires consistent moisture. Biennial & can bolt if temps drop below 13°C for 10 days or more.

Celery	10 - 12 Weeks	After last frost.	✘	✘	1/8"	6 - 8"	18-24"	Requires consistent moisture. Biennial & can bolt if temps drop below 13°C for 10 days or more.
Chervil	✘	✘	As soon as soil is workable.	✘	Surface sow & tamp down.	6"	12"	Requires light to germinate; barely cover with soil. Grow in partial shade; will bolt in high heat.
Chickweed	✘	✘	As soon as soil is workable.	Every 3 Weeks	1/4"	1/2"	Best planted in a block.	
Chives	✘	✘	As soon as soil is workable.	✘	1/4 - 1/2"	1/2 - 1"	Best planted in a block.	
Choy Sum	✘	✘	As soon as soil is workable.	Every 2 - 3 Weeks	1/4"	6"	12 - 18"	Bolting can occur in seedlings if temps drop below 12°C for multiple nights.
Cilantro	✘	✘	After last frost.	Every 3 Weeks	1/4 - 1/2"	4"	12"	Avoid over-watering.
Collards	✘	✘	As soon as soil is workable.	✘	1/4"	12-18"	36"	Very cold hardy.
Corn	✘	✘	After last frost.	✘	3/4 - 1"	12"	12"	Plant in blocks instead of rows to ensure pollination & full ears.
Cress	✘	✘	As soon as soil is workable.	Every 2 Weeks	1/4"	2 - 4"	Best planted in a block.	Keep seed bed moist.
Cucumbers	3 Weeks	✘	After last frost. *Needs warm soil*	✘	1/2"	12"	60 - 72"	Sensitive to cold. Protect from Cucumber Beetles. Require soil temperatures above 18°C to germinate.
Cumin	✘	✘	After last frost.	✘	1/4"	4 - 6"	Best planted in a block.	
Dill	✘	✘	As soon as soil is workable.	Every 3 weeks (greens)	1/8 - 1/4"	1-2"	4 - 8"	
Eggplant	6 - 8 Weeks	After last frost.	✘	✘	1/8 - 1/4"	18"	30"	Requires warm soil to germinate & should be planted in the warmest part of the garden.
Endive	✘	✘	As soon as soil is workable.	Every 3 Weeks	1/8 - 1/4"	8"	12 - 18"	Seeds will not germinate if temps are above 25°C.
Fennel	4 - 6 Weeks	Mid-Spring	Mid-Spring	✘	1/4"	6"	18"	
Good King Henry	✘	✘	As soon as soil is workable, in early Spring.	✘	1/4"	12 - 18"	24"	Perennial. Seeds require 2 - 4 weeks of fluctuating cold/warm temps to germinate.
Gourds	✘	✘	After last frost.	✘	1/2 - 1"	24 - 36"	48 - 60"	Seeds require warm soil to germinate. Cucumber beetles can kill young plants. Use row-cover to protect.
Ground Cherry	6 - 8 Weeks	2 weeks after last frost.	✘	✘	1/8"	18 - 24"	24-36"	Fruit is ripe when husks are dry & have just fallen off the plant to the ground.
Kale	4 - 6 Weeks	Mid-Spring	As soon as soil is workable.	✓ (baby greens)	1/4"	12 - 18"	18 - 36"	Very cold hardy.
Kenikir	✘	✘	After last frost.	✘	1/8 - 1/4"	8 - 10"	24"	
Kohlrabi	4 - 6 Weeks	As soon as soil is workable.	As soon as soil is workable.	Spring & Fall	1/4"	8-12"	12-18"	Prefers cool weather. Heat causes bolting.
Lambs Lettuce / Mache	✘	✘	As soon as soil is workable.	Spring & Fall	1/4"	1"	Best planted in a block.	Needs temperature less than 20°C to sprout.
Leeks	8 - 12 Weeks	End of Spring	✘	✘	1/4"	6"	12 - 24"	Thin transplants to 1 plant per cell.
Lemongrass	8 - 10 Weeks	After last frost.	✘	✘	1/4"	4 - 6"	6 - 8"	
Lettuce	4 Weeks	Mid-Spring	Mid-Spring	Every 3 Weeks	1/8"	8 - 10"	12 - 18"	Lettuce prefers cool weather. Germination will be hindered in temperatures above 22°C. Summer heat causes bolting.
Lovage	6 - 8 Weeks	After last frost.	✘	✘	1/4"	18"	36"	Perennial.
Marjoram	8 - 10 Weeks	After last frost.	✘	✘	Surface sow & tamp down.	6 - 8"	18"	Seeds require light for germination.
Melons	4 Weeks	1 Week after last frost.	1 Week after last frost.	✘	1/4 - 1/2"	18"	72"	Seeds require warm soil to germinate. Cucumber beetles can kill young plants. Use row-cover to protect.

Mint	6 - 8 Weeks	As soon as soil is workable.	✘	✘	Surface sow & tamp down.	N/A	NA	Plant away from your garden in a mint patch, pot or planter. Spreads easily.
Mizuna & Mustards	✘	✘	As soon as soil is workable.	Every 2 - 3 Weeks	1/4"	2"	6"	
Okhijiki (Saltwort)	✘	✘	Spring - Mid-Summer	Every 2 - 3 Weeks	1/8 - 1/4"	1 - 3"	12 - 18"	
Okra	4 - 5 Weeks	After last frost.	✘	✘	1/4"	12 - 18"	36"	Warm soil for germination. Harvest pods when young to keep plants producing.
Onions	6 - 10 Weeks	After last frost.	As soon as soil is workable.	✘	1/4"	3 - 4"	12"	Thin transplants to 1 plant per cell.
Onions, Green	6 - 10 Weeks	After last frost.	As soon as soil is workable.	✘	1/4"	2 - 4"	12"	Thin transplants to 1 plant per cell.
Orach	✘	✘	As soon as soil is workable.	✘	1/4"	6 - 10"	18 - 36"	Germination requires soil temperatures of 10-18°C
Oregano	8 - 10 Weeks	After last frost.	✘	✘	Surface sow & tamp down.	12"	18"	Seeds require light for germination.
Parsley	4 - 6 Weeks	After last frost.	After last frost.	✘	1/4"	8 - 12"	18"	
Parsnips	✘	✘	As soon as soil is workable.	✘	1/2"	2 - 3"	18 - 24"	Do not let soil dry out during germination. Frost in Fall brings out sweetness.
Peas, Short	✘	✘	As soon as soil is workable.	Spring & Summer	1/2"	2"	12 - 18"	Most will need support to grow on.
Peas, Tall	✘	✘	As soon as soil is workable.	Spring & Summer	1/2"	2"	48"	Most will need more support to grow on.
Peppers	6-10 Weeks	After last frost.	✘	✘	1/4"	12-18"	24"	Needs warm soil to germinate.
Pumpkins	3 Weeks	1 Week after last frost.	1 Week after last frost & when soil has warmed.	✘	1/2 - 1"	18 - 36"	6 - 12 feet	Germination requires soil temperatures above 18°C. Cucumber beetles can kill young plants. Use row-cover to protect.
Purslane	4 - 6 Weeks	After last frost.	After last frost.	✘	1/8 - 1/4"	6 - 8"	12 - 18"	
Quinoa	✘	✘	After last frost.	✘	1/4"	12"	36"	
Radish	✘	✘	As soon as soil is workable.	Every 2 Weeks	1/2"	1 - 2"	6"	Prefers cool weather. Harvest promptly.
Radicchio	3 - 4 Weeks	As soon as soil is workable.	As soon as soil is workable.	Every 3 Weeks	1/8"	8"	12 - 18"	Seeds will not germinate if soil temperatures are above 20°C. Prefers cold weather.
Rhubarb	5 - 7 Weeks	After last frost.	✘	✘	1/4"	36"	60"	Soak seeds for 2hrs before planting.
Rosemary	10 - 12 Weeks	After last frost.	✘	✘	Surface sow & tamp down.	10"	18 - 36"	Seeds require light for germination. Tender perennial. Bring indoors for Winter survival.
Rutabaga	✘	✘	Late Spring / Early Summer	✘	1/4 - 1/2"	6"	18 - 24"	Harvest after a couple heavy frosts for best flavour.
Sage	6 - 8 Weeks	After last frost.	✘	✘	1/4"	12"	18"	Perennial in some parts of Canada.
Salsify	✘	✘	Late Spring	✘	1/2"	24"	24"	Biennial.
Savory	6 - 8 Weeks	After last frost.	After last frost.	✘	Surface sow & tamp down.	8"	12 - 18"	Seeds require light for germination.
Shiso	✘	✘	After last frost.	✘	Surface sow & tamp down.	6"	18"	Keep seeds in freezer for 3 weeks to improve germination. Seeds require light to germinate.
Shungiku	✘	✘	Early Spring - Mid Summer	Every 2 Weeks	1/4"	1"	12 - 18"	
Sorrel	✘	✘	Mid Spring	✘	1/4"	8"	12 - 18"	Prefers partial shade.
Spinach	✘	✘	As soon as soil is workable. Also Late Summer & Fall.	Every 7 Days	1/2"	4 - 12"	12 - 18"	True spinach is a cool weather crop.
Spinach, Malabar	5 - 6 Weeks	After last frost.	After last frost.	✘	1/4"	6"	36"	Vining plant - can benefit from a trellis. Pinching tips will encourage branching. Likes heat.
Spinach, New Zealand	4 - 6 Weeks	After last frost.	After last frost.	✘	1/2"	18"	24"	Grows well in shade. Likes heat.
Squash	3 Weeks	1 Week after last frost.	1 Week after last frost.	✘	1/2 - 1"	18 - 48"	6 - 12 feet	Germination requires soil temperatures above 18°C. Cucumber beetles can kill young plants. Use row-cover to protect.
Swiss Chard	5 - 6 Weeks	After heavy frosts have passed.	After heavy frosts have passed.	✘	1/2"	6"	12 - 18"	Tolerant of mild frosts.
Tarragon, Russian	4 - 6 Weeks	After last frost.	✘	✘	1/8 - 1/4"	18"	24"	
Tatsoi	✘	✘	As soon as soil is workable.	Every 2 - 3 Weeks	1/4"	2"	6"	Prefers cool weather.
Thyme	8 - 10 Weeks	After last frost.	✘	✘	1/8"	8"	12 - 18"	

Tomatillo	4 - 6 Weeks	After last frost.	✘	✘	1/8"	18 - 24"	24-36"	Fruit is ripe when husks are dry & have just fallen off the plant to the ground.
Tomatoes, Determinate	6 - 8 Weeks	After last frost.	✘	✘	1/8 - 1/4"	18-24"	24-36"	Plants are bushy & need limited support or pruning.
Tomatoes, Indeterminate	6 - 8 Weeks	After last frost.	✘	✘	1/8 - 1/4"	18-24"	24-36"	Plants grow & produce continually. Requires supports & pruning.
Turnip	✘	✘	As soon as soil is workable.	Every 3 weeks	1/4 - 1/2"	2 - 3"	12 - 18"	Tolerant of mild frosts.
Zucchini	3 Weeks	After last frost.	After last frost.	✘	1/2 - 1"	24 - 36"	6 feet	Seeds require warm soil to germinate. Cucumber beetles can kill young plants. Use row-cover to protect.

Thin all transplants to one plant per cell.

** Assume all vegetables require consistent watering, good to high soil fertility, weeding & pest management. **

*** If discrepancies arise between info on seed packets & this chart. Please use this chart. ♡ ***

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