

# VEGETABLE SEED STARTING DATES

Seed starting times are based on the last frost date for your region. This guide applies to much of the Atlantic Canadian region, but always refer to your local forecasts and hardiness zone for the most accurate information. Frost-free dates can change year to year, so always monitor your local weather closely in the shoulder seasons.

Many varieties are sensitive to cool temperatures but have a long growing period, meaning they must be started indoors weeks to months before the planting out date. Use this chart to help determine when to start seeds indoors and when to direct sow in the garden.

Typical frost-free growing season: June - September



Start Indoors: █ Transplant Out: █ Direct Sow: █

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
<b>BUSH BEANS</b>						█	█					
<b>POLE BEANS</b>						█	█					
<b>BEETS</b>					█	█		█				
<b>BROCCOLI</b>				█	█	█	█	█				
<b>BRUSSELS SPROUTS</b>				█		█						
<b>CABBAGE</b>				█	█	█	█	█				
<b>CARROTS</b>					█	█		█				
<b>CAULIFLOWER</b>				█	█	█	█	█				
<b>CELERY</b>			█			█						
<b>CORN</b>						█						
<b>CUCUMBER</b>				█		█						
<b>EGGPLANT</b>			█			█						
<b>KALE</b>				█	█	█	█	█				
<b>KOHLRABI</b>				█	█	█	█	█				
<b>LEEKS</b>		█	█	█	█	█						
<b>LETTUCE/GREENS</b>				█	█	█	█	█	█	█	█	█
<b>MELONS</b>					█	█						
<b>ONION SEED</b>		█	█	█	█	█						
<b>PARSNIPS</b>					█	█						
<b>PEAS</b>					█	█						
<b>PEPPERS</b>			█	█		█						
<b>PUMPKINS/ WINTER SQUASH</b>						█						
<b>RADISH</b>					█	█			█			
<b>SPINACH</b>					█	█		█				
<b>SUMMER SQUASH</b>						█	█					
<b>SWISS CHARD</b>					█	█		█				
<b>TOMATOES</b>			█	█		█						