



Growing Vegetables: When to Plant your Vegetable Garden

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The following chart will help you to determine the best time to start your seeds. First, determine the last frost date for your area. Do not seed or transplant frost-sensitive plants before this date. For central NH, Memorial Day is a conservative estimate for the last frost date.

Using a calendar, mark the date and count backwards the number of weeks the seed takes to grow from sowing. This will be the date you will start your seeds.

Example: Tomatoes take 6-8 weeks from sowing until transplant. If you want to plant in the garden on Memorial Day then count back 8 weeks and start seeds the first week of April.

T – Crops marked with a T should be started from seed indoors and set out as transplants.

S – Crops marked with an S have a relatively short harvest season, which can be prolonged by doing multiple smaller “sequence” plantings.

Crop	Time from seed to transplant	Safe to set out in garden
Basil ^{T,S}	6-8 weeks	2 weeks after last frost
Bean ^S	Direct Seed	After last frost
Beet	Direct Seed	When soil warms to 45°F
Broccoli ^S	4-6 weeks	2-4 weeks before last frost
Brussels Sprout ^T	4-6 weeks	2-4 weeks before last frost
Cabbage ^T	4-6 weeks	4 weeks before last frost
Carrot	Direct Seed	When soil warms to 60°F
Cauliflower ^T	4-6 weeks	2 weeks before last frost
Celery ^T	10-12 weeks	After last frost
Corn ^S	Direct Seed	When soil warms to 60°F
Cucumber	3-4 weeks Direct seed	1-2 weeks after last frost When soil warms to 70°F
Eggplant ^T	8-10 weeks	2-3 weeks after last frost
Kale	4-6 weeks	4 weeks before last frost
Kohlrabi	4-6 weeks	4 weeks before last frost
Leek ^T	8-10 weeks	4 weeks before last frost
Lettuce ^S	4-5 weeks	3-4 weeks before last frost
Melon ^T	3-4 weeks	2 weeks after last frost

Onion ^T	8-10 weeks	4 weeks before last frost
Parsnip	Direct Seed	After last frost
Pea	Direct Seed	As soon as soil thaws
Pepper ^T	8-10 weeks	2 weeks after last frost
Potato	Use seed potatoes	1-2 weeks before last frost
Pumpkin	3-4 weeks Direct Seed	2 weeks after last frost When soil warms to 70°F
Radish	Direct Seed	2-4 weeks before last frost
Rutabaga	Direct Seed	mid-June to mid-July
Spinach	4-6 weeks	3-6 weeks before last frost
Summer Squash	3-4 weeks Direct Seed	2 weeks after last frost When soil warms to 70°F
Sweetpotato	Use slips (plants)	1-2 weeks after last frost
Swiss Chard	4-6 weeks Direct Seed	2 weeks before last frost 4 weeks before last frost
Tomato ^T	6-8 weeks	1-2 weeks after last frost
Turnip	Direct Seed	2-4 weeks before last frost
Winter Squash	3-4 weeks Direct Seed	2 weeks after last frost When soil warms to 70°F
Zucchini	3-4 weeks Direct Seed	2 weeks after last frost When soil warms to 70°F
Parsley ^T	9-10 weeks	2-3 weeks before last frost

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About the Author

Karen Downing lives and farms in Carroll County and has been a master gardener since 2011.

Olivia Saunders is the Extension Field Specialist in Food and Agriculture for Carroll County.

For More Information

State Office

Taylor Hall
59 College Rd.
Durham, NH 03824
<http://extension.unh.edu>

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