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| Vegetable | When to start indoors (Number of weeks before frost-free date) | When to transplant (or plant) outdoors |
|-----------------------------|--|--|
| Basil | 6 weeks | 1 week after |
| Beets | Direct sow | 2 weeks before |
| Bok Choy | 5 to 6 weeks | 2 weeks before |
| Broccoli | 5 to 6 weeks | 2 weeks before |
| Brussels Sprouts | 5 to 6 weeks | 2 weeks before |
| Cabbage | 4 to 6 weeks | 3 weeks before |
| Carrots * | Direct sow | 1 week before |
| Cauliflower | 4 to 6 weeks | 2 weeks before |
| Celery | 10 weeks | 2 weeks after |
| Collards | 8 weeks Can be direct sown | 2 to 4 weeks before |
| Corn | Direct sow | 1 to 2 weeks after |
| Cucumber ^ | 3 to 4 weeks | 2 weeks after |
| Eggplant | 7 to 9 weeks | 2 to 3 weeks after |
| Garlic | Direct sow in autumn | Direct sow in autumn |
| Green Beans ^ | Direct sow | 2 weeks after |
| Kale | 8 weeks Can be direct sown | 4 weeks before |
| Kohlrabi | Direct sow | 4 weeks before |
| Lettuce * | 4 to 5 weeks Can be direct sown | 4 weeks before |
| Melons ^ | 3 to 4 weeks | 2 weeks after |
| Mustard Greens * | Direct sow | 4 weeks before |
| Okra ^ | 4 to 6 weeks | 2 to 4 weeks after |
| Onions from seed (not sets) | 6 to 8 weeks | 2 to 4 weeks before |
| Parsley | 9 to 10 weeks | 2 to 3 weeks before |
| Parsnips ^ | Direct sow | 2 weeks after |
| Peas ^ * | Direct sow | 6 to 8 weeks before |
| Peppers | 6 to 9 weeks | 2 weeks after |
| Potatoes | Direct sow | 2 weeks before |
| Pumpkins | 3 to 4 weeks | 2 weeks after |
| Radish * | Direct sow | 4 weeks before |
| Spinach * | 4 to 6 weeks Can be direct sown | 3 to 6 weeks before |
| Squash, Summer | 2 to 3 weeks | 2 weeks after |
| Squash, Winter ^ | 3 to 4 weeks | 2 weeks after |
| Sweet Potatoes | Started from slips | 2 to 4 weeks after |
| Swiss chard | 4 to 6 weeks | 2 weeks before |
| Tomatoes | 6 to 8 weeks | 1 to 2 weeks after |
| Turnips | Direct sow | 2 weeks before |
| Zucchini ^ | 2 to 3 weeks | 1 week after |

^The vegetables marked with the ^ symbol have sensitive roots and generally don't transplant very well; therefore, if possible, it's best to direct sow these. However, in case your growing season is really short and you need to transplant, start time has been given for some of them. Be sure to handle the roots very carefully, pack moist soil around them, and water well.

* Vegetables marked with the * symbol are cool season plants and can generally tolerate being planted directly outside even when the weather is still cool.



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