



# Vegetable Planting Guide Worksheet

These are general guidelines. Growing times can vary greatly depending on the seed variety you select. Check seed packet for exact growing and planting times.

1. Write "Date of Last Frost" for your region in the space provided below.  
(See: [www.almanac.com](http://www.almanac.com))



2. Using a calendar, calculate the "planting date" by adding or subtracting the number of weeks listed from the "Date of Last Frost."

3. Calculate the "Sow Date" by subtracting the "Growth Period" from the "Planting Date." (Sow Date is the date to sow seed indoors or in a greenhouse for transplanting into the garden after the last frost.)

Seed/Plant	Write in Sow Date	Growth Period # of Weeks	Safe Set-Out Date (Relative to Last Frost)	Write in Planting Date
Beans*		8 to 10		
Beets*		8 to 10	2-3 weeks after	
Broccoli		8 to 10	2 weeks before	
Brussels Sprouts		16 to 19	3 weeks before	
Cabbage		13 to 17	3 weeks before	
Carrots*		8 to 10	1-2 weeks after	
Cauliflower		8 to 10	2 weeks before	
Collards		4 to 6	4 weeks before	
Corn*		9 to 12	2 weeks after	
Cucumber*		6 to 12	1-2 weeks after	
Eggplant		14 to 20	3 weeks after	
Lettuce		4 to 7	1-2 weeks after	
Greens*		5 to 7	Soon as soil can be worked	
Okra		4 to 6	2-4 weeks after	
Onion*		8 to 10	2-3 weeks before	
Parsley		8 to 10	2 weeks before	
Peas*		8 to 10	4-6 weeks before	
Peppers		8 to 10	2 weeks after	
Potatoes*		10 to 20	2-3 weeks after	
Pumpkin*		15 to 18	2-3 weeks after	
Radish*		4	3-4 weeks before	
Spinach*		6 to 7	3-6 weeks before	
Winter Squash*		13 to 22	2 weeks after	
Tomato		8 to 12	1 week after	
Zucchini*		2 to 4	2 weeks after	

\*Seeds can be direct-sown in the garden soil. Other seeds will need to be started indoors or in a greenhouse, or can be purchased as small plants at planting time.