



VEGETABLE GARDEN SEED STARTING CHART

Start your seeds indoors, grow with love,
and enjoy a bountiful harvest! ❤️



VEGETABLE 	START SEEDS INDOORS 	WEEKS BEFORE LAST FROST 	GERMINATION DAYS 	TRANSPLANT OUTDOORS 	NOTES 
 Zucchini (Summer Squash)	Yes (or direct sow)	3–4 weeks	7–10 days	After last frost	Needs lots of space
 Pumpkin	Yes (or direct sow)	3–4 weeks	7–10 days	After last frost	Vines need room to grow
 Spinach	Yes	4–6 weeks	3–7 days	2–3 weeks before last frost	Cool weather crop
 Kale	Yes	4–6 weeks	3–7 days	2–3 weeks before last frost	Very hardy
 Cauliflower	Yes	6–8 weeks	5–10 days	2–3 weeks before last frost	Cool weather loving
 Celery	Yes	10–12 weeks	14–21 days	After last frost	Needs patience and moisture
 Leek	Yes	8–10 weeks	7–14 days	2–3 weeks before last frost	Gentle, steady growth
 Onion	Yes	8–10 weeks	7–14 days	2–3 weeks before last frost	Sets plants 2–3" apart
 Peas	No (direct sow)	—	7–14 days	2–4 weeks before last frost	Cool season favorite
 Swiss Chard	Yes	4–6 weeks	7–10 days	2–3 weeks before last frost	Cut and come again!

QUICK GUIDE



Warm Season Crops (Tomato, Pepper, Eggplant, Cucumber, Zucchini, Pumpkin): Plant after last frost when soil is warm.



Cool Season Crops (Broccoli, Cabbage, Lettuce, Carrot, Peas, Spinach, Kale, Cauliflower): Plant before last frost for an early harvest.

