

VEGETABLES	Number of weeks to start seeds before setting-out date	When to start		Average first frost free day (5/15/--)	Setting-out date (or to direct seed)	
		Inside				
Crop		From	To	Safe time to set out Plants (relative to frost-free date (or to direct seed))	From	To
Asparagus	12 to 14	3-Feb	27-Feb	on frost-free date	15-May	
Artichoke	12	19-Feb		need 240 hr of ~50° F exposure	15-May	
Arugula	direct seed (=ds)			2 to 3 weeks before	24-Apr	1-May
Basil	6	10-Apr		1 week after	22-May	1-Jun
Bean, adzuki	ds			1 week after	22-May	1-Jun
Bean, asparagus	ds			1 week after	22-May	1-Jun
Bean, fava	ds			2 to 3 weeks before	24-Apr	1-May
Bean, garbanzo	ds			2 to 3 weeks before	24-Apr	1-May
Bean, lima	ds			1 week after	22-May	1-Jun
Bean, mung	ds			1 week after	22-May	1-Jun
Bean, snap or dry	ds every 2 weeks			1 week after	22-May	1-Jun
Bean, soy	ds every 2 weeks			1 week after	22-May	1-Jun
Bean, goa or winged	ds every 2 weeks			1 week after	22-May	1-Jun
Beets	direct seed			2 weeks before	1-May	
Broccoli	4 to 6	20-Mar	3-Apr	2 weeks before	1-May	
Broccoli, raab	4 to 6	20-Mar	3-Apr	2 weeks before	1-May	
Brussel spout	4 to 6	15-May			6-Jun	20-Jun
Cabbage	4 to 6	20-Mar	3-Apr	4 weeks before	17-Apr	1-May
Cabbage, asian types	4 to 6	20-Mar	3-Apr	2 weeks before	1-May	
Cardoon	6 to 8	20-Mar	3-Apr	on frost-free date	15-May	
Carrot	ds every 2 weeks			3 to 4 weeks before	17-Apr	14-Jul
Catalogna	ds			2 weeks before	1-May	1-Sep
Cauliflower	4 to 6	3-Apr	17-Apr	2 weeks before	1-May	15-May
Celery & Celeriac	10 to 12	27-Feb	13-Mar	1 week after	22-May	
Collards	4 to 6	6-Mar	20-Mar	4 weeks before	17-Apr	
Corn salad/mache	4 to 6	20-Feb	27-Mar	3 to 6 weeks before	3-Apr	24-Apr
Corn	ds every week	15-May	29-May	on frost-free date	15-May	29-May
Cucumber	3 to 4 or ds	24-Apr	8-May	1 to 2 weeks after	22-May	29-May

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Eggplant	8 to 10	20-Mar	10-Apr	2 to 3 weeks after	29-May	5-Jun
Endive	ds			4 weeks before	17-Apr	
Escarole	ds			4 weeks before	17-Apr	
Fennel	4 to 6	3-Apr	17-Apr	on frost-free date	15-May	
Garlic (from cloves)	from cloves			Plant in fall	1-Sep	1-Oct
Garlic, elephant, cloves	from cloves			Plant in fall	1-Sep	1-Oct
Gourd	ds			on frost-free date	15-May	
Ground cherry	6 to 8	27-Mar	17-Apr	1 to 2 weeks after	22-May	29-May
Horseradish	from roots			shipped after last frost	15-May	
Jerusalem artichoke	from tuber			on frost-free date	15-May	
Kale	4 to 6	6-Mar	20-Mar	4 weeks before	17-Apr	
Kohlrabi	4 to 6	6-Mar	20-Mar	4 weeks before	17-Apr	
Leeks	8 to 10	20-Feb	6-Mar	2 weeks before	1-May	
Lettuce	ds or 4 to 5	13-Mar	27-Mar	3 to 4 weeks before	17-Apr	24-Apr
Melons	3 to 4	1-May	8-May	2 weeks after	29-May	
Mesclun	ds			3 to 4 weeks before	17-Apr	24-Apr
Mizuna				3 to 4 weeks before	17-Apr	24-Apr
Mustard	ds or 4 to 6	6-Mar	20-Mar	4 weeks before	17-Apr	
Okra	4 to 6	17-Apr	15-May	2 to 4 weeks after	29-May	12-Jun
Onions	8 to 10	6-Feb	20-Feb	4 weeks before	17-Apr	
Parsley	9 to 10	13-Feb	27-Feb	2 to 3 weeks before	24-Apr	1-May
Parsnip	ds			3 to 4 weeks before	17-Apr	24-Apr
Peas	ds			3 to 6 weeks before	3-Apr	24-Apr
Pea, black eyed	ds			on frost-free date	15-May	
Pepper	8	3-Apr		2 weeks before	29-May	
Potato	from seed tubers			2 to 4 weeks before	15-Apr	1-May
Potato, sweet	from roots	15-Apr		2 weeks after	29-May	
Pumpkins	ds or 3 to 4	1-May	8-May	2 weeks after	29-May	

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Radicchio	ds or 4 or 5	13-Mar	27-Mar	3 to 4 weeks before	17-Apr	24-Apr
Radishes	ds every week			3 to 4 weeks before	17-Apr	1-Sep
Rhubarb	from crowns			3 to 4 weeks before	17-Apr	
Rutabaga	ds			summer	15-Jun	1-Jul
Salsify	ds			on frost-free date	15-May	
Scorzonera	ds			on frost-free date	15-May	
Shallot	ds			3 to 4 weeks before	17-Apr	24-Apr
Shiso, Korean sesame	4 to 6	3-Apr	17-Apr	on frost-free date	15-May	
Sorghum	ds			3 to 4 weeks before	17-Apr	24-Apr
Spinach	ds			3 to 4 weeks before	17-Apr	24-Apr
Spinach, malabar	ds			on frost-free date	15-May	
Spinach, strawberry	3 to 4	13-Mar	27-Mar	3 to 4 weeks before	17-Apr	24-Apr
Spinach, New Zealand	ds or 4 to 6	20-Feb	27-Mar	3 to 6 weeks before	3-Apr	24-Apr
Squash	ds			1 week after	22-May	
Strawberry	8 to 10	13-Mar	27-Mar	on frost-free date	15-May	
Sunflower, for seeds	ds or 3 to 4	1-May	8-May	2 weeks after	29-May	
Swiss Chard	4 to 6	20-Mar	3-Apr	2 to 3 weeks before		
Tomatillo	6 to 8	27-Mar	17-Mar	1 to 2 weeks after	22-May	29-May
Tomatoes	6 to 8	27-Mar	17-Mar	1 to 2 weeks after	22-May	29-May
Turnip	ds early or late			3 to 4 weeks before	17-Apr	1-Aug
Watermelon	ds or 3 to 4	1-May	8-May	2 weeks after	29-May	
Useful link:						
<a href="http://www.johnnyseeds.com/e-PDGSeedStart.aspx?source=BlogJSSAdv011">http://www.johnnyseeds.com/e-PDGSeedStart.aspx?source=BlogJSSAdv011</a>						
<a href="http://www.thevegetablegarden.info/resources/planting-schedules/zones-3-4-planting-schedule">http://www.thevegetablegarden.info/resources/planting-schedules/zones-3-4-planting-schedule</a>						