


















































# The PHS Calendar for Planting and Growing Food

	Jan.	Feb.	Mar.	Apr.	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.
ARUGULA												
ASIAN GREENS		 transplant outdoors after frost					 transplant outdoors in August for fall crop					
BEANS (BUSH AND POLE BEANS)												
BEETS												
BASIL												
BROCCOLI / CAULIFLOWER		 transplant outdoors approx. 1-2 weeks before last frost					 transplant outdoors in Aug. & Sept. for fall crop					
BRUSSELS SPROUTS		 transplant outdoors approx. 1-2 weeks before last frost					 transplant outdoors in Aug. & Sept. for fall crop					
CABBAGE		 transplant outdoors approx. 1-2 weeks before last frost	 *				 transplant outdoors in Aug. & Sept. for fall crop					
CARROTS												
CELERY												
CILANTRO												
COLLARDS			 *				 transplant in Sept. for fall crop					

Est. Last Frost: April 17

Est. First Frost: Nov. 11

 Start seeds indoors











































 Start seeds outdoors

\* Seeds may also be started inside and moved outdoors in April

For zone 7, the mid-Atlantic region



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	Jan.	Feb.	Mar.	Apr.	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.
CORN				 								
CUCUMBER			 transplant outdoors starting in early May	 								
DILL				 								
EGGPLANT		 transplant outdoors starting in early May										
GARLIC										 		
KALE		 transplant outdoors in April	 				 transplant outdoors in Aug. & Sept. for fall crop	 				
KOHLRABI		 transplant outdoors in April	 				 transplant outdoors in Aug. & Sept. for fall crop					
LEEKs		 transplant outdoors in March prior to first frost	 				 transplant outdoors in Aug. & Sept. for fall crop					
LETTUCE		 transplant outdoors starting in early April	 				 transplant outdoors in Aug. & Sept. for fall crop	 				
MELONS					 							
OKRA					 							
ONIONS		 						 				

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PEAS			 					 				
PEPPERS		 		 								
POTATOES		 										
PUMPKINS			 		 							
RADISHES			 									
SHALLOTS		 	 									
SPINACH			 						 			
SQUASH			 		 	 						
SWISS CHARD		 	 	 				 				
TOMATOES			 		 	 						
TURNIPS			 					 				
WATERMELONS					 							

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For zone 7, the mid-Atlantic region

