

CROP NAME	WEEKS INDOORS BEFORE TRANSPLANT	TRANSPLANT (OR SOW) DATE, RELATIVE TO FINAL FROST	SOW INDOORS FROM-TO	TRANSPLANT (OR SOW)
VEGETABLES				
arugula	direct sow only	4 weeks before	-	23-Apr
beans (bush or pole)	direct sow only	at frost date	-	21-May
beets*	5 to 6	2 weeks before	26-Mar to 2-Apr	7-May
broccoli	4 to 6	2 weeks before	26-Mar to 9-Apr	7-May
cabbage	4 to 6	2 to 4 weeks before	12-Mar to 9-Apr	23-Apr to 7-May
carrot	direct sow only	2 to 3 weeks before	-	30-Apr to 7-May
cauliflower	4 to 6	2 weeks before	26-Mar to 9-Apr	7-May
chard*	4	2 weeks before	9-Apr	7-May
celery, celeriac	10 to 12	1 week after	5-Mar to 19-Mar	28-May
corn*	2 to 4	0 to 2 weeks after	23-Apr to 21-May	21-May to 4-Jun
cucumber*	3 to 4	1 to 2 weeks after	30-Apr to 14-May	28-May to 4-Jun
eggplant	6 to 8	2 weeks after	9-Apr to 23-Apr	4-Jun
kale*, collards*	4 to 6	2 to 4 weeks before	12-Mar to 9-Apr	23-Apr to 7-May
kohlrabi*	4 to 6	2 to 4 weeks before	12-Mar to 9-Apr	23-Apr to 7-May
leeks	8 to 10	2 weeks before	27-Feb to 12-Mar	7-May
lettuce*	4	2 to 4 weeks before	26-Mar to 9-Apr	23-Apr to 7-May
melons (muskmelons)*	3 to 4	1 to 2 weeks after	30-Apr to 14-May	28-May to 4-Jun

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melons (watermelons)*	3 to 4	1 to 2 weeks after	30-Apr to 14-May	28-May to 4-Jun
mustard*	4	2 to 4 weeks before	26-Mar to 9-Apr	23-Apr to 7-May
onions	8 to 10	3 to 4 weeks before	13-Feb to 5-Mar	23-Apr to 30-Apr
pak choi*	4	2 weeks before	9-Apr	7-May
parsnip	direct sow only	3 to 4 weeks before	-	23-Apr to 30-Apr
peas	direct sow only	6 weeks before	-	9-Apr
peppers	6 to 8	1 to 2 weeks after	2-Apr to 23-Apr	28-May to 4-Jun
radish	direct sow only	3 to 4 weeks before	-	23-Apr to 30-Apr
spinach	direct sow only	4 to 6 weeks before	-	9-Apr to 23-Apr
squash (summer)*	3 to 4	1 to 2 weeks after	30-Apr to 14-May	28-May to 4-Jun
squash (winter)*	3 to 4	1 to 2 weeks after	30-Apr to 14-May	28-May to 4-Jun
tomatoes	6 to 8	1 to 2 weeks after	2-Apr to 23-Apr	28-May to 4-Jun
turnip	direct sow only	2 to 3 weeks before	-	30-Apr to 7-May
HERBS				
basil*	4 to 6	1 week after	16-Apr to 30-Apr	28-May
cilantro	direct sow only	0 to 3 weeks before	-	30-Apr to 21-May
dill	direct sow only	0 to 3 weeks before	-	30-Apr to 21-May
parsley	8 to 10	2 weeks before	27-Feb to 12-Mar	7-May

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ANNUAL FLOWERS				
calendula*	6	1 week before	2-Apr	14-May
cosmos*	6		9-Apr	21-May
hyacinth bean*	4 to 6	0 to 1 weeks after	9-Apr to 30-Apr	21-May to 28-May
impatiens	8 to 10	1 week after	19-Mar to 2-Apr	28-May
marigold*	6	1 week after	16-Apr	28-May
morning glory, moonflower	4	2 weeks after	7-May	4-Jun
sunflower*	3 to 4	at frost date	23-Apr to 30-Apr	21-May
sweet peas	4 to 6	1 to 2 weeks before	26-Mar to 16-Apr	7-May to 14-May
viola, pansies	8 to 10	2 weeks before	27-Feb to 12-Mar	7-May
zinnia*	4	1 week after	30-Apr	28-May
*Chard, collards, kale, kohlrabi, lettuce, mustard, plus many familiar herbs and annual flowers, are probably easiest direct-sown. In short-season Northern areas, starting heat-loving melons, cucumbers, and squash indoors (though all easy to direct sow) may offer a headstart.				

Credit: Margaret Roach, <https://awaytogarden.com/when-to-start-seeds-calculator/>