

Planting & sowing GUIDE

Guide

DATE	SPECIES
Early March	Start indoors: artichoke, celeriac, leek, onion
Mid-March	Start indoors: bell pepper/chili, celery, eggplant, leek, lettuce (1), onion
Early April	Start indoors: flowers, ground cherry, herbs, kale, rhubarb, tomatoes
Mid-April	Start indoors: arugula, cabbage, lettuce (2), swiss chard
End of April	Start indoors: jerusalem artichoke, turnip Direct sowing : spring garlic, spring radish, turnip
Early May	Start indoors: broccoli, cauliflower, melon, pumpkin/winter squash, sunflower Transplant outside: leek, lettuce, onion Direct sowing : chicory, lamb's lettuce, lettuce (1), mustard, peas, radish, spinach, turnip
Mid-May	Start indoors: cucumber, melon, zucchini Transplant outside: artichoke, chicory, leek, parsley, rhubarb, sunflower Direct sowing: beet (1), cabbage, kohlrabi cabbage(1), onion, parsnip, potato, radish, salsify, sunflower, swiss chard
End of May	Start indoors: corn Transplant outside: broccoli, cauliflower, celeriac, celery, kale, melon, tomatoes Direct sowing: corn, kale
After last frost date	Transplant outside: arugula, bell pepper/chili, broccoli, cauliflower, eggplant, flowers, ground cherry, herbs, melon, soybean (edamame), swiss chard Direct sowing: beet (2), kohlrabi cabbage (2), peas, rutabaga,
Early June	Start indoors: lettuce (3) Transplant outside: brussels sprouts, head cabbage, lettuce (2), tomato Direct sowing: carrot, cucumber, lettuce (2), pumpkin, squash,
Mid-June	Transplant outside: cucumber, melon, pumpkin/winter squash, zucchini Direct sowing: bell pepper/chili, climbing beans, cucumber, pumpkin/winter squash, rutabaga, zucchini
Early August	Transplant outside: lettuce (3) Direct sowing: arugula, chicory lettuce, lamb's lettuce, radish, spinach, turnip (2)
End of October	Direct sowing: autumn garlic

Numbers in brackets (x) indicate the number of harvests.
This seeding and planting calendar is designed for the Outaouais region (zone 4).