

Sowing Calendar for Vegetables and Herbs in Canada Zone 3b

see [PlantWhatWhen - Canada Zone 3b Sowing Guide](#)

Plant	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Amaranth
Angelica
Artichokes globe	.	.	M	.	.	J
Arugula/Rucola	M	J	.	.	S	.	.	.
Asparagus	.	.	M	.	.	J
Asparagus pea
Aubergine	.	.	.	A	.	J
Basil	J
Beans climbing/snake	M	J
Beans dwarf/bush	M	J
Beetroot	J
Beets	J
Belgian endive	M	J	J
Bell peppers	.	.	.	A	.	J
Black eye peas
Bok Choy	.	.	.	A	M	.	J	.	S	.	.	.
Borage	M	J
Borecole	.	.	.	A	M	.	J	A
Borekale	.	.	.	A	M	.	J	A
Broad bean	.	.	.	A	.	J
Broccoli	.	.	.	A	M	J
Brussels sprouts	.	.	.	A	M	J
Burdock	M	J
Cabbage loose-headed	.	.	.	A	M	J
Cabbage tight-headed	.	.	.	A	M	J
Cantaloupe
Cape Gooseberry
Capsicum	.	.	.	A	.	J
Cardoon
Carrot	M	J	J	A
Cauliflower	.	.	.	A	.	J
Celeriac	.	.	M	.	.	J
Celery	.	.	M	.	.	J
Ceylon Spinach
Chayote squash
Chicory	M	J	J
Chilli peppers	.	.	.	A	.	J
Chinese cabbage	J	J

Chinese parsley	M	.	.	A
Chinese Peas	M	J	J	A
Chives	.	.	.	A	M	J	J	A
Choko
Cilantro	M	.	.	A
Cocoyam
Collards	.	.	.	A	M	.	J	A
Coriander	M	.	.	A
Corn Salad	M	J	J	A
Courgette	M	J	J
Cowpeas
Cucumber	.	.	.	A	M
Daikon	J
Dasheen
Dill	M	J	J	A
Eggplant	.	.	.	A	.	J
Endive	M	J	J
Eschalots	.	.	M	A	M	J
Fava bean	.	.	.	A	.	J
Fennel
Finocchio
Florence Fennel
French tarragon	M	J
Gai choy	.	.	.	A	M	J	J
Garlic	M	.	.	A	S	.	.	.
Ginger
Gobo	M	J
Gumbo
Horseradish	M	J
Hot peppers	.	.	.	A	.	J
Huauzontle
Japanese Greens	.	.	.	A	M	.	J
Japanese radish	J
Jerusalem Artichokes	M
Kale	.	.	.	A	M	.	J	A
Kohlrabi	M	J	J
Ladyfinger
Lamb's lettuce	M	J	J	A
Leeks	.	.	.	A	.	J
Lemon Balm	M	J
Lettuce	.	.	.	A	M	J	J	A
Lo Bok	J

Long Yam
Luffa/Loofah	.	.	.	A	.	J
Mache	M	J	J	A
Maize	M	J
Malabar greens
Mangetout	M	J	J	A
Mangle Wurzel
Mangold	M	J	.	A
Marrow	.	.	M	.	M
Mibuna	.	.	.	A	M	.	J
Mint	.	.	.	A	M	J	J
Mitzuna	.	.	.	A	M	.	J
Mizuna	.	.	.	A	M	.	J
Mustard greens	.	.	.	A	M	J	J
Napa cabbage	J	J
New Zealand Spinach	M
Okra
Onion	.	.	.	A	M	J
Oregano/Pot Marjoram	.	.	.	A	M	J	J
Pak Choy/Choi	.	.	.	A	M	.	J	.	S	.	.	.
Parsley	.	.	.	A	M	J	J
Parsnip	M	J
Peanut
Peas	M	J	J
Potato	M	J	J
Pumpkin	.	.	M	A	M	J
Quinoa
Radicchio
Radish	M	J	.	A
Rhubarb	M	J
Rocket	M	J	.	.	S	.	.	.
Rockmelon
Rosella
Rosemary	.	.	M	.	M
Rutabaga	.	.	M	A	M	J	J	A
Sage	M	J
Salsify
Savory/Bean Herb	M	J
Scallions	.	.	.	A	M	J	J	A
Shallots	.	.	M	A	M	J
Silverbeet	M	J	.	A
Snow-Peas	M	J	J	A

Southern peas
Spinach	M	.	.	A
Spring onions	.	.	.	A	M	J	J	A
Squash	M	J	J
Strawberry plants	M	J
Strawberry seeds	.	.	.	A	.	J
Sugar/Snap Peas	M	J	J	A
Summer squash	M	J	J
Sunchoke
Sunflower	M	J	J
Swedes	.	.	M	A	M	J	J	A
Sweet corn	M	J
Sweet Marjoram	.	.	.	A	M	J
Sweet peppers	.	.	.	A	.	J
Sweet Potato/ Kumara
Swiss-Chard	M	J	.	A
Taro
Thyme	M	J
Tomatillo	.	.	M	.	M
Tomato	.	.	M	A	M	J
Tumeric
Turnip	.	.	M	A	M	J	J
Vegetable oyster
Vietnamese Mint
Warrigal greens	M
Water Chestnut
Watermelon	M
Winged bean
Witloof	M	J	J
Wong bok	J	J
Yacon/Sunroot
Yam/Oka/Oca
Zucchini	M	J	J