

Sowing Calendar for Vegetables and Herbs in USA Zone 4b

see [PlantWhatWhen - USA Zone 4b Sowing Guide](#)

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

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

Lemon Balm	M	J
Lettuce	.	.	M	A	M	J
Lo Bok	J
Long Yam
Luffa/Loofah	.	.	.	A	M	J
Mache	.	.	M
Maize	M	J
Malabar greens
Mangetout	.	.	.	A	M
Mangle Wurzel
Mangold	.	.	M	A	M	J
Marrow	.	.	M	A	M	J
Mesclun	.	.	.	A
Mibuna	.	.	.	A
Mint	.	.	M	A	M	J
Mitzuna	.	.	.	A
Mizuna	.	.	.	A
Mustard greens	.	.	M	A	M	J
Napa cabbage	J	J
New Zealand Spinach	.	.	M	A	M
Okra	.	.	.	A	M	J
Onion	.	F	.	A
Oregano/Pot Marjoram
Pak Choy/Choi	M	J	J
Parsley	.	.	M	A	M
Parsnip	.	.	M	A	M	J
Peanut
Peas	.	.	M	A	M
Potato	.	.	.	A	M
Pumpkin	.	F	M	A	M
Quinoa
Radicchio	.	.	.	A	M	J
Radish	.	.	.	A	M	J	.	A
Rhubarb	J
Rocket	.	.	.	A	M	J	.	A
Rockmelon	.	.	.	A	M	J
Rosella
Rosemary	M	J
Rutabaga	J	J
Sage
Salsify	M
Savory Summer	M	J	J

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