

Sowing Calendar for Vegetables and Herbs in USA Zone 5a

see [PlantWhatWhen - USA Zone 5a Sowing Guide](#)

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

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

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

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