

Sowing Calendar for Vegetables and Herbs in USA Zone 7a

see [PlantWhatWhen - USA Zone 7a Sowing Guide](#)

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

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

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

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