

# Fall Crop Seeding Guide

VEGETABLE	WHEN TO PLANT/SPECIAL NOTES
Beans	Can be sown every 2 weeks up until late Summer (August)
Beets	6-8 weeks before last frost date (mid July-beginning of August). Soak seeds overnight for quicker germination.
Broccoli	Mid to Late Summer (July through August). Sow directly into ground. Not incredible frost tolerant.
Brussel Sprouts	Start seeds indoors/greenhouse/cold frame mid-summer (Beginning of July), transplant into garden late-summer (August).
Cabbage	Mid-summer (July)
Carrots	Mid-summer (July)
Cauliflower	Mid to late summer (July-August)
Celeriac	Mid to late summer (July-August)
Cilantro	Seed through late summer (August)
Green Onions	Mid summer (July)
Kale	Seed 8 weeks before last frost date for full size plans (beginning of August).
Kohlrabi	Late Summer (beginning of August)
Lettuce	Late summer once temps have dropped (August).
Parsley	Mid-Summer (July)
Parsnips	Mid-Summer (July). Harvest after frost for best flavor.
Peas	Late summer once temps have dropped (beginning of August).
Pumpkins	Mid-Summer (July)
Radishes	Late summer once temps have dropped (beginning to mid-August)
Rutabaga	90 days before harvest (beginning of July)
Spinach	Late summer once temps have dropped (beginning to mid-August)
Swiss Chard	Mid to late summer (July-August)
Turnips	Mid-summer (July)

\*\*\*Start the crops with the longest days to maturity and the last frost tolerance first. Some will do better started in cell trays first, then transplanted. Other can be sown directly in the ground.

\*\*\* Average first frost date for Ontario, OR and the area immediately surrounding in October 1st.

