

QUICK START GARDEN PLANTING guide



Abbagail @ Sage & Shepherd Farm

Planting Guide

NAME OF CROP	DIRECT SEED OR TRANSPLANT SEEDLING	WHEN TO PLANT	NOTES
arugula	direct seed	6-8 wks before last frost	cold hardy
asparagus	seed or crown	3-5 wks before last frost	cool season veg
beans	direct seed	1 week after last frost	heat loving
beets	direct seed	3-4 weeks before last frost	cold hardy
broccoli	transplant seedling	2-4 weeks before last frost	cool season veg
brussel sprouts	transplant seedling	10-13 wks before last frost	long growing season
cabbage	direct seed	3-4 wks before last frost	cool season veg
carrots/parsnip	direct seed	2-4 wks before last frost	cold hardy
cauliflower	transplant seedling	2-3 wks before last frost	cool season veg
celery	transplant seedling	2-3 wks before last frost	cool season veg
collards	transplant seedling	2-3 wks before last frost	easy crop
cucumbers	transplant seedling	2 wks before last frost	heat loving
eggplant	transplant seedling	after last frost	heat loving
kale	transplant seedling	3-4 wks before last frost	cold hardy
kohlrabi	transplant seedling	2-3 wks before last frost	cool season veg
leeks	transplant seedling	3-4 wks before last frost	cold hardy
lettuce/endive	direct seed	3-5 wks before last frost	cool season veg
melons	transplant seedling	1-2 wks after last frost	heat loving
mibuna/mizuna/mustard	direct seed	3 wks before last frost	cold hardy
peas	direct seed	5-6 wks before last frost	cool season veg
peppers	transplant seedling	1 wk after last frost	heat loving
potatoes	seed potato	2-3 wks before last frost	cool season veg
radish	direct seed	3-6 wks before last frost	cool season veg
spinach	direct seed	6-8 wks before last frost	cold hardy
squash/zucchini	transplant seedling	2 wks after last frost	heat loving
sweet potatoes	seed potato	1-2 wks after last frost	heat loving
swiss chard	seed potato	3-5 wks before last frost	cold hardy
tomato	transplant seedling	1 wks after last frost	heat loving
turnip	transplant seedling	3-4 wks before last frost	cool season veg

What To Plant During Each Season

SUMMER (HEAT LOVING)

beans
cucumbers
eggplant
lettuce/endive
melons
peas
peppers
potatoes
radish
sweet potatoes
tomato

FALL/SPRING (COOL LOVING)

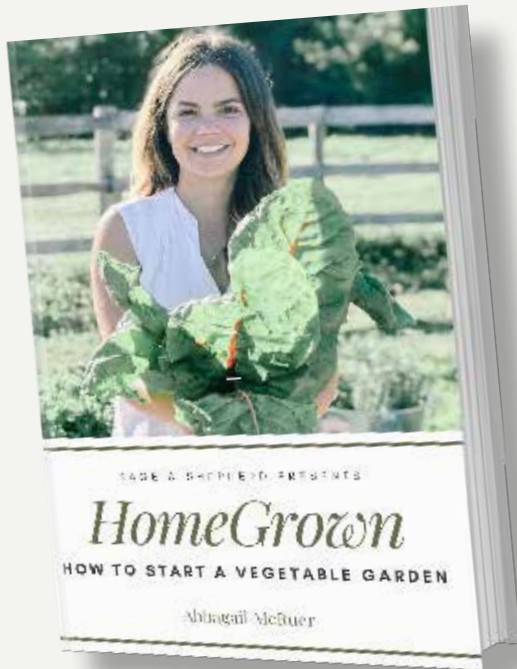
asparagus
broccoli
cabbage
cauliflower
celery
kohlrabi
lettuce/endive
peas
potatoes
radish
swiss chard
turnip

WINTER (COLD HARDY)

arugula
beets
brussel sprouts
carrots/parsnip
kale
leeks
lettuce/endive
mibuna/mizuna/mustard
spinach

Whatever you are able to plant in the winter, you can pretty much plant anytime of year, though there are better varieties depending on the season.

WANT MORE GARDEN HELP? grab my ebook



MY NEW EBOOK

HOMEGROWN: HOW TO START A VEGETABLE GARDEN

Your complete guide to everything you need to know to enjoy fresh, organic food that's homegrown by you - now is the time!

LEARN MORE!

ABOUT

Sage & Shepherd Farm

We're Abbagail & Mackenzie, the husband and wife duo running the farm and those are our 2 dogs Aslan & Levi.

We started this journey with a few chickens for ourselves, and fell in love with the ability to control where our food comes from and the act of farming itself. Since then, our operation has expanded greatly. We sell direct to customers, at farmers markets, to restaurants and small grocers, and ship across Ontario.

We practice regenerative agriculture methods, which build top soil, sequester carbon, and create polycultures. We want to share the message of regenerative ag, and want to inspire and help people who want to opt out of normal living!

Follow along and visit our website for more info and other resources to help your farm or homestead be successful.

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