Printable Planting Calendar

Zones 5 to 9. Two pages: your dates on this one, every crop on the next. Print on US Letter, fill in the blanks, and keep it with your seed box.

How to use this sheet

1. Find your last spring frost date. Use your local extension office or the NOAA station nearest you, not your zone number. Zones describe winter cold, not spring timing.

2. Write that date in the blanks below. Every sowing window on page 2 is counted from it, so the sheet works for your garden rather than an average.

3. Work backwards for fall. Count from your first fall frost instead, because autumn crops need to mature before it, not after.

Frost dates by zone

Zone	Last spring frost	First fall frost	Cool-season sow	Warm-season set out
Zone 5	Late Apr to early May	Mid Sep to mid Oct	4 to 6 weeks before last frost	Mid May
Zone 6	Mid Apr to early May	Early to mid Oct	4 to 6 weeks before last frost	Early to mid May
Zone 7	Late Mar to mid Apr	Mid Oct to mid Nov	Late winter to early spring	Mid April onward
Zone 8	Late Feb to late Mar	Mid Nov to mid Dec	February to March	Early April onward
Zone 9	Late Jan to late Feb	Early Dec to early Jan	January to February	Late February to March

Averages only. A frost pocket or a south-facing wall can move these dates by two weeks either way.

Your dates

	Write your date	What it is used for
1	**Last spring frost** _____	The anchor for every spring window on page 2
2	**Cool-season sow date (4 to 6 weeks before)** _____	Peas, spinach, radish, lettuce, onion sets
3	**Cool-season transplant date (2 to 4 weeks before)** _____	Broccoli, cabbage, cauliflower, kale
4	**Warm-season set-out date (1 to 2 weeks after)** _____	Tomato, pepper, cucumber, squash, basil
5	**First fall frost** _____	The anchor for autumn sowing and the last harvest date
6	**Fall greens sow date (6 to 8 weeks before)** _____	Spinach, kale, lettuce for autumn cutting

Every crop, counted from your last frost

Read the garden column first. T means start indoors and set out as a transplant. S means a short harvest that rewards repeat sowings two to three weeks apart.

Crop	Start seeds indoors	Set out or sow in the garden
Basil (T, S)	6 to 8 weeks before setting out	2 weeks after last frost
Bean (S)	Not usually started indoors	Direct sow after last frost
Beet	Not usually started indoors	Sow when soil reaches 45°F
Broccoli (S)	4 to 6 weeks	2 to 4 weeks before last frost
Brussels sprout (T)	4 to 6 weeks	2 to 4 weeks before last frost
Cabbage (T)	4 to 6 weeks	4 weeks before last frost
Carrot	Not usually started indoors	Sow when soil reaches 60°F
Cauliflower (T)	4 to 6 weeks	2 weeks before last frost
Celery (T)	10 to 12 weeks	After last frost
Corn (S)	Not usually started indoors	Sow when soil reaches 60°F
Cucumber	3 to 4 weeks	1 to 2 weeks after last frost, soil 70°F
Eggplant (T)	8 to 10 weeks	2 to 3 weeks after last frost
Kale	4 to 6 weeks	4 weeks before last frost
Kohlrabi	4 to 6 weeks	4 weeks before last frost
Leek (T)	8 to 10 weeks	4 weeks before last frost
Lettuce (S)	4 to 5 weeks	3 to 4 weeks before last frost
Melon (T)	3 to 4 weeks	2 weeks after last frost
Onion (T)	8 to 10 weeks	4 weeks before last frost
Parsley (T)	9 to 10 weeks	2 to 3 weeks before last frost
Parsnip	Not usually started indoors	Direct sow after last frost
Pea	Not usually started indoors	Direct sow as soon as soil can be worked
Pepper (T)	8 to 10 weeks	2 weeks after last frost
Potato	Not usually started indoors	1 to 2 weeks before last frost
Pumpkin	3 to 4 weeks	2 weeks after last frost, soil 70°F
Radish (S)	Not usually started indoors	2 to 4 weeks before last frost
Spinach (S)	4 to 6 weeks	3 to 6 weeks before last frost
Summer squash (S)	3 to 4 weeks	2 weeks after last frost, soil 70°F
Sweetpotato	Not usually started indoors	Set slips 1 to 2 weeks after last frost
Swiss chard	4 to 6 weeks	2 weeks before last frost, or sow 4 weeks before
Tomato (T)	6 to 8 weeks	1 to 2 weeks after last frost
Turnip (S)	Not usually started indoors	2 to 4 weeks before last frost
Winter squash	3 to 4 weeks	2 weeks after last frost, soil 70°F
Zucchini (S)	3 to 4 weeks	2 weeks after last frost, soil 70°F

Soil temperatures are the second gate. A crop sown on the right week into cold soil still rots, so check 2 inches down mid-morning before you commit a row.

Sources: NOAA National Centers for Environmental Information, last spring freeze records. University of New Hampshire Extension, Growing Vegetables: When to Plant Your Vegetable Garden. Full zone-by-zone guidance at yardclinic.com/printable-planting-calendar/