



Vegetable Planting Guide



Vegetable	page	avg. sds/oz	sds/100'	Pkt plants	distance apart	thin to	row spacing	seed depth	min soil temp °F	ideal soil temp	hardiness	planting dates
Artichoke	6	560	T	10 pl	3'	-	4'	1/2"	60	70-80	MH	tp late
Arugula	28	15000	3g	60'	1"	4"	18"	1/4"	40	40-55	MH	May 1/Aug 1
Asian Greens	32-34	5000-15000	varies					1/4"	50	65-85	MH	early May
Basil	80-81	17000	5g	10-80'	1/2"	4"	18"	1/4"	65	70-85	VT	June 1
Bean, Bush & Dry	6-8	90	8 oz	25'	3-4"	-	2-3'	1"	60	70-80	T	late May
Bean, Fava	10	17	12 oz	12'	3-4"	-	2-3'	1"	40	40-75	H	ASAP
Bean, Lima	10	65	1#	40-60'	4-6"	-	3'	1"	60	70-85	VT	late May
Bean, Pole	9	60	6 oz	7-10'	3-4"	-	6'	1"	60	70-80	T	late May
Bean, Soy	10	80	5 oz	20'	3-4"	-	3'	1"	60	70-90	T	June 1
Beet	11-12	2200	5/8 oz	10'	1"	2-4"	12-18"	1/2"	40	60-85	H	Apr-July
Broccoli	12-14	5000-8000	5g	.5g=10'	1"	24-30"	30"	1/4"	40	65-85	MH	tp May/June
Brussels Sprouts	14	4000-5000	5g	.5g=10'	1"	24-30"	24-30"	1/4"	40	65-85	H	tp May/June
Cabbage	15	6000-7000	5g	.5g=10'	1"	24-30"	24-30"	1/4"	40	45-85	MH	tp May/June
Carrot	17-18	18000	10g	1/8oz=35'	1/4"-1/2"	1"	16-24"	1/2"	40	75-85	H	Apr-July
Cauliflower	16	6000-7000	4g	.5g=12'	1"	30"	30-36"	1/4"	40	55-80	MH	tp May/June
Celery/Celeriac	19	75000	T	500	8"	-	2-3'	1/8"	40	70-75*	T	tp June 1
Chard	29	800-2000	1 1/2 oz	5-13'	2"	12-16"	18-24"	1/2"	40	50-85	H	ASAP
Chicory	29	16000	T	300 pl	1'	-	2'	1/8"	50	60-85	H	tp late June
Chinese Cabbage	32	6000-9000	1/4 oz	25'	1/2"	12-18"	24-30"	1/4"	50	70-80	MH	late May or tp
Corn	20-22	100-155	4 oz	50'	3"	1'	3'	1"	55	60-85	T	late May
Cress	30	9000	3g	50-70'	1/2"	1-2"	18"	1/4"	45	55-75	MH	May 1
Cucumber	23-24	1000	1/2 oz	10'	3"	1'	4-6'	1/2"	65	65-90	VT	June 1 or tp
Eggplant	25	5000-6000	T	40 pl	20-30"	-	30-36"	1/4"	60	75-90*	VT	tp early June
Endive	30	18000	5g	40'	1"	8"	18-24"	1/4"	35	60-85	H	Apr-July
Gourd, large	26	120-280	T	20 pl	6/hill	2-3/hill	6'	1/2"	60	70-90	T	tp early June
Gourd, small	26	500	1/5 oz	10 hills	6/hill	3/hill	4-6'	1/2"	60	70-90	T	late May
Kale/Collards	35-36	5000-8000	5g	1g=20'	1"	12"	2'	1/4"	40	45-85	VH	ASAP-July
Kohlrabi	36	6000	4g	1g=25'	1"	24"	24"	1/4"	40	45-85	MH	tp May/June
Leek	50	9000	T	1g=300 pl	8"	-	2'	1/2"	45	60-70	MH	tp May 1
Lettuce	37-42	25000	4g	1g=25'	1/3"	1'	12-18"	1/8"	35	40-70	H	ASAP-Aug
Mâche	30	10000	1/4 oz	25'	1/2"	2"	18"	1/4"	48	50-68	VH	ASAP-Aug
Melon	43-45	900	T	12-20 hills	3/pot	2/hill	5'	1/2"	60	75-95	VT	tp early June
Mustard	33	15600	1/8 oz	50'	1"	4-6"	2'	1/4"	40	65-85	MH	Apr-Aug
Okra	47	350	T	25 pl	12"	-	2-3'	1/4"	60	70-90	VT	tp early June
Onion/shallot	47-49	7000	T	450 pl	4"	-	12-18"	1/2"	40	60-70	MH	tp May 1
Pac Choi	34	12500	1/4 oz	14-25'	1/2"	6-12"	2'	1/4"	50	70-80	MH	May or tp
Parsley	84	14000	1/4 oz	25'	1/4"	1"	12-18"	1/4"	40	50-80	VH	Apr-Aug
Parsnip	50	5600	1/2 oz	25'	1"	2-3"	12-18"	1/2"	46	55-77	VH	Apr-July
Pea	51-52	80	8 oz	25'	1 1/2"	-	3-5'	3/4"	40	50-75	plants H	ASAP
Pea for fall crop	51-52	80	8 oz	25'	1 1/2"	-	3-5'	3/4"	40	50-75	T	July
Pepper	53-56	2800-5600	T	15-40 pl	12-18"	-	2-3'	1/4"	60	68-95	VT	tp early June
Pumpkin	66-67	100-280	1/2-1oz	3-8 hills	5/hill	3/hill	6'	1"	60	70-90	T	late May
Radicchio	30	19000	1/2 oz	5-30'	1"	8-10"	18"	1/8"	50	60-85	H	late June
Radish	57-58	2500	1 oz	12'	1-2"	2-3"	18"	1/2"	40	55-85	H	Apr-Aug
Salsify/Scorzoner	58	2000	5/8 oz	20'	1"	2"	18"	1/2"	50	65-85	H	Apr-Jun
Shiso	34	14000	1g	100'	1-3"	8-12"	18-24"	1/4"	65	68-75	VT	tp early June
Spinach	59	1500-2800	1/2 oz	40'	1"	2-3"	12-18"	1/2"	35	45-65	VH	ASAP
Spinach, fall crop	59	1500-2800	1/2 oz	40'	1"	2-3"	12-18"	1/2"	35	45-65	VH	Aug
Squash, summer	60	200-320	1/2 oz	5-8 hills	5/hill	2-3/hill	4'	1"	60	70-90	T	late May or tp
Squash, winter	62-65	120-440	1/2-2 oz	3-15 hills	5/hill	2-3/hill	4-6'	1"	60	70-90	T	late May or tp
Tomato	68-75	9000	T	8-125 pl	3'	-	3'	1/4"	60	75-90	T	tp June 1-10
Turnip/Rutabaga	76	8000-14000	1/3 oz	40'	1/2"	3-6"	18"	1/4"	40	60-85	H	Apr-July
Watermelon	45-46	600	T	7-10 hills	3/pot	2/hill	5'	1/2"	60	75-95	VT	tp early June
Zucchini	61	130-240	1 oz	4-6 hills	5/hill	2-3/hill	4'	1"	60	70-90	T	late May or tp

Key

Pkt plants=how many row feet or hills our smallest packet will plant
T = transplanted only, in our climate.

tp = transplant pl = plants g = grams, 28.4g = 1oz.

*Celery and some varieties of eggplant require fluctuating day and night temperatures for good germination.

Hardiness rating:

VT = very tender: will not survive frost; damaged by temps below 40°

T = tender: will not survive frost

MH = moderately hardy: survives light frosts

H = hardy: survives frost generally to the low twenties

VH = very hardy: will overwinter if protected

Approximate planting date:

ASAP=as soon as ground can be worked, does not thrive in heat

Approximate planting dates are for our Central Maine climate.

Please make appropriate adjustments for your climate, using hardiness as a guide.

Scarification & Stratification

A few seeds with unusually thick or hard coatings may benefit from **scarification** just before sowing. This is accomplished by nicking them with a knife or lightly scratching them with sandpaper or an emery board.

Some seeds need to be **stratified** before sowing. This tricks the seed into thinking it has gone through winter followed by the gradual warm-up of spring. It is accomplished by first moistening and then chilling the seed for a specified period of time.

Seed counts are provided as a guide, not a guarantee. They vary from cultivar to cultivar and year to year. Planting rates will vary if intensive methods such as beds are used.

Minimum soil temperatures are the lowest that will permit any germination. Expect slow spotty germination if you plant below or above the ideal range. For a good stand and quickest emergence plant as close to the middle of the ideal range as possible. If you have specific cultural questions, consult more detailed resources or get in touch with us.