

school garden planting guides



KEY TO PLANTING GUIDE HEADINGS

Crop. This guide provides detailed information about crops commonly planted by seed in school gardens. We encourage you to experiment with additional plants that grow well in your area. Check with local gardeners, your Cooperative Extension Service office, and garden center employees for suggestions.

Plant Seeds Indoors. Many seeds can be started indoors and then transplanted to outdoor gardens. This column provides you with the weeks to plant your seeds indoors relative to your first or last frost date. Your Cooperative Extension Service office can tell you the frost dates in your area.

Plant Seeds or Transplants Outdoors. Some seeds can be planted indoors or outdoors. Other seeds will not transplant well and should be sown directly into outdoor gardens. This column provides you with the weeks to plant your seeds in outdoor gardens and also the approximate time to plant seedlings started indoors in outdoor gardens relative to your first or last frost date. Your Cooperative Extension Service office can tell you the frost dates in your area.

Planting Depth. Generally, seeds should be planted at a depth that is two to three times their width. This column lists specific planting depths in inches. Some of the crops listed either require light to germinate or are too tiny to be buried under soil. A “0” appearing in this column indicates that the seeds should be planted on top of the soil and pressed down lightly with a smooth surface, but not buried.

Spacing of Plants. Plants should be grown a certain distance apart to ensure they do not crowd each other and inhibit healthy growth. This column gives the recommended spacing for mature plants in inches. Since not all seeds will germinate, seeds should be planted closer than the distance needed by mature plants. Follow the spacing recommended on the seed packet when planting seeds outdoors. If more seeds germinate than expected, you may need to thin the crop.

Days to Germination. This column tells you approximately when seeds will sprout given reasonable conditions. Temperature and moisture can greatly affect this rate.

Days to Harvest. This column tells you approximately when plants will be ready to harvest. Temperature, water, and a number of other environmental factors can affect this rate.

Good Source Of. This column gives information on vitamins and minerals provided in substantial amounts for fruit and vegetable plants.



vegetable planting guide



Crop	Plant Seeds Indoors (weeks before transplanting)	Plant Seeds or Transplants Outdoors 10 – 1000 ft	Elevation 1000 – 2000 ft	Elevation 2000 – 3000 ft	Elevation 3000 – 4500 ft
Beans	1 week	2/1-3/1 & 8/1-9/1	2/15-3/15 & 7/25-8/15	3/1-4/1 & 7/15-8/15	4/25-7/15
Beets	×	9/15-3/1	9/1-3/15	8/25-4/1	3/1-5/15
Broccoli	4-6 weeks	9/1-1/1	9/1-12/1	7/25-10/1	2/15-8/1
Cabbage	4-6 weeks	10/1-12/1	9/15-1/1	9/1-2/1	3/15-5/1
Cantaloupe	2 weeks	12/1-4/10	2/15-4/1	3/15-6/1	5/1-6/20
Carrots	×	7/15-8/15 & 9/1-1/1	9/1-3/1	8/25-3/15	3/1-5/10 & 7/15-9/15
Cauliflower	4-6 weeks before	10/1-12/1	9/15-1/1	9/1-2/1	3/15-5/1
Celery	8-10 weeks before	10/15	8/15-10/15	8/1-10/15	5/15-6/20
Corn	1 week before	2/15-3/1 & 7/30-8/30	2/15-3/15 & 6/20-7/20	3/15-4/1 & 7/15-8/15	5/10-7/15
Cucumbers	1-2 weeks before	12/1-4/1	3/1-4/1 & 8/15-9/15	3/20-5/15 & 8/1-9/1	5/10-6/15
Garlic	×	9/1-12/1	9/1-12/1	9/1-1/1	2/15-4/10 & 9/15-11/15
Lettuce (Head)	4-5 weeks before	9/20-11/20	9/1-1/1	9/1-2/15	2/15-3/15 & 7/15-8/15
Lettuce (Leaf)	4-5 weeks before	9/20-1/1	9/1-3/1	8/20-4/1	3/1-4/15 & 7/15-9/15
Onions (Green Bunch)	×	9/15-1/15	9/1-2/1	8/15-2/1	2/15-5-1
Onions (Seed)	×	11/1-12/15	10/15-1/1	10/15-1/1	1/15-3/15 & 9/15-11/15
Onions (Sets)	×	11/15-1/15	11/2-2/1	11/1-2/15	9/15-11/15 & 2/15-4/15
Peas	4-6 weeks before	9/10-9/20 & 1/20-2/15	8/15-9/15 & 10/15-12/15	8/15-9/15 & 2/15-3/15	2/1-3/15 & 8/25-10/15
Peppers	6-8 weeks before	2/1-3/15	3/1-4/1	4/1-6/1	5/10-6/1
Potatoes	×	9/1-2/15	2/1-3/15	2/15-5/1	3/20-4/20 & 7/25-8/15
Pumpkins	×	7/15-8/15	7/1-8/1	4/1-7/15	5/15-7/1
Radishes	×	9/1-4/1	9/1-4/15	8/5-5/1	3/1-5/15 & 7/15-9/15
Spinach	3-4 weeks before	9/15-2/1	9/1-2/1	8/20-3/1	2/15-4/15 & 9/15-10/15
Squash, Summer	×	12/15-4/10	2/1-5/1	3/15-7/15	5/10-7/15
Squash, Winter	×	7/15-8/15	7/1-31	7/1-31	5/10-7/1
Tomatoes	6-8 weeks before	1/1-3/15	2/15-3/15	3/15-4/15	5/1-6/15
Strawberries (Alpine)	3-5 weeks before	10/15-12/15	10/15-12/15	9/15 - 11/15	9/15-11/15
Watermelon	2 weeks before	12/15-4/1	2/15-4/1	3/15-6/1	5/10-7/15

× Not Recommended

Elevation 4500 - 6000 ft	Elevation Above 6000 ft	Planting Depth (inches)	Spacing of Plants (inches)	Days to Germination	Days to Harvest	Good Source of
5/15-7/1	5/25-6/15	1	6-8	4-10	60-80	Vit. C, fiber
5/1-7/15	5/15-6/15	1/2	2-4	7-10	50-75	Greens high in Vit. A, C, iron, calcium
4/1-7/15	Not Adapted	1/4	15-18	5-10	60-75	Vit. A, C, folate, calcium, magnesium, fiber
×	×	1/4	18	4-10	60+	Vit. C, fiber
5/15-6/15	5/25-6/10	1	24-36	7-14	60-90	Vit. A, C, thiamine, potassium
5/1-7/15	5/15-7/1	1/4	2	10-17	60-80	Vit. A, fiber
×	×	1/4	15-18	5-10	60-72	Vit. C, folate, potassium
6/1-7/15	Not Adapted	1/4	6	7-12	75-100	Fiber
5/25-7/1	6/1-6/10	1	12-15	3-10	50-95	Thiamine, folate, potassium
5/15-6/15	6/1-25	1	12-24	3-8	60-80	–
4/1-30	Not Adapted	1/2	4-6	10-15	90-120	Vit. A, C, folate
7/1-8/1	6/1-6/30	1/4	10-12	4-10	45-60	Vit. A, K, calcium
3/15-4/15 & 8/1-9/15	5/1-7/1	1/4	10-12	4-10	45-60	Vit. A, K, calcium
4/15-5/1	5/1-31	1/4	4	4-12	60-85	Vit. C
2/15-4/15 & 10/15-1/1	4/1-30 & 10/15-1/1	1/4	4	4-12	60-85	Vit. C
11/1-2/1 & 4/1-15	11/1-2/15 & 4/15-6/1	1/4	4	4-12	60-85	Vit. C
2/15-8/15 & 8/1-9/1	5/1-6/1	1	4	6-15	55-75	Protein, Vit. B1
5/10-8/25	5/15-6/1	1/2	10-12	8-20	70+	Vit.C
5/10-6/1	5/15-6/1	6	10-12	10-15	70+	Vit. C, B6 ^l , niacin, copper, potassium, fiber
5/20-6/15	5/25-6/10	1	36	7-10	90+	–
4/1-6/15	5/15-6/15	1/4		3-10	25-40	–
4/1-5/15	5/1-6/1	1/4	4-8	6-14	40-60	Vit. A, C, K, iron
5/1-7/1	5/15-6/15	1	15-24	3-12	60-85	Vit. A, C, fiber
5/15-7/1	5/15-6/10	1/2-1	24-36	4-10	80+	Vit. A, C, potassium, fiber
5/10-6/1	5/25-6/10	1/4-1/2	18-24	6-14	65-85	Vit. A, C, potassium, fiber
4/15-5/15	4/15-5/15	1/8	6-8	20	85+	Vit. C, fiber
5/1-6/1	Not Adapted	1/2-3/4	24-36	7-10	75-100+	–

herb & flower planting



Crop	Plant Seeds Indoors (weeks before transplanting)	Plant Seeds or Transplants Outdoors Elevation 10 – 1000 ft	Elevation 1000 – 2000 ft
Basil	3-4 weeks before	Feb 15-May 1 & Sept 15-Nov 30	Feb 28-May 1 & Sept 1-Nov 30
Catnip	6 weeks before	Feb 15-May 1	Feb 28-May 1
Chives	6 weeks before	Sept 15-March 30	Sept 15-March 30
Cilantro	×	Feb 15-May 1 & Aug 15-Nov 30	Feb 28-May 1
Dill	×	Feb 15-Sept 1	Feb 28-May 1
Oregano	6-8 weeks before	Feb 15-May 1	Sept 1-Jan 15
Parsley	4-6 weeks before	Jan 15-April 30 & Aug 15-Oct 30	Feb 1-April 30
Sage	4 weeks before	Sept 15-March 30	Sept 15-March 30
Mint	6 weeks before	Feb 15-May 1	Feb 28-May 1
Thyme	8 weeks before	Feb 15-May 1	Feb 28-May 1

× Not Recommended

Crop	Plant Seeds Indoors (weeks before transplanting)	Plant Seeds or Transplants Outdoors 0 – 2499 ft	Plant Seeds or Transplants Outdoors 2500 - 4999 ft
Alyssum	×	Oct-April	Aug - Sept & March - April
Calendula	6-8 weeks before	Feb 15 - April & Oct - Dec	Aug - Oct
Cosmos	4 weeks before	March 1 - May & Oct - Dec	April - June
Gaillardia	×	Feb 1 - June & Oct - Dec	Fall to Spring
Hollyhocks	6-8 weeks before	Sept 15 - Dec & Jan - May	April - Aug & Dec - March
Marigolds	8-10 weeks before	March 1 - July & Oct - Dec	April - May & Aug - Sept
Nasturtiums	×	Feb 1 - Sept	April - May
Poppy (California)	×	Oct - Dec	July - Sept
Sunflowers	×	Feb 1 - Aug & Oct - Dec	April - June
Tithonia	6-8 weeks before	March 1 - July & Oct. - Dec.	May - June
Zinnias	6 weeks before	March 1 - Aug	April - June

× Not Recommended



Elevation
2000 – 3000 ft

Planting Depth (inches)

Spacing of Plants (inches)

Days to Germination

March 15-May 1	1/8	6-12	7-10
March 15-May 1	1/8	12-18	5-14
Sept 1-March 30	1/4	8-12	5-14
March 15-May 1	1/2	12-18	10-15
March 15-May 1	1/4	3-12	20-25
Sept 1-Jan 15	1/8	8-12	8-14
Feb 15-April 30	1/4	6	11-27
Sept 1-March 30	1/4	12	14-21
March 15-May 1	1/8	18	10-16
March 15-May 1	1/8	6-12	20-30

Planting Depth (inches)

Spacing of Plants (inches)

Days to Germination

Days to Harvest

Edible?

0 (press into soil)	8	5-20	–	Yes
1/4 - 1/2	10-12	5-15	40-50	Yes
1/4	8-24	5-7	90-100	No
1/4	15	7-14	–	Seeds
0 (press into soil)	24	10	120-150	Yes
1/8	10-12	5-10	70-80	Yes
1/2	6-12	7-14	40-60	Yes
1/8	6-12	14-28	55-60	No
1-2	12-24	7-14	80-120	Yes, seeds
0 (press into soil)	24	10-15	75-105	No
1/8	6-12	5-10	70	No