

Sowing Calendar for Vegetables and Herbs in Canada Zone 3a – Sub Arctic

see [PlantWhatWhen - Canada Zone 2b Sowing Guide](#)

Plant	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Amaranth
Angelica
Artichokes globe
Arugula/Rucola	J	.	A
Asparagus
Asparagus pea
Aubergine
Basil
Beans climbing/snake	J
Beans dwarf/bush	J
Beetroot	J
Beets
Belgian endive
Bell peppers	M	J
Black eye peas
Bok Choy	M	J
Borage
Borecole	M	J	J	A
Borekale	M	J	J	A
Broad bean	.	.	M	A	M	J
Broccoli
Brussels sprouts	M	J
Burdock
Cabbage loose-headed	M	J
Cabbage tight-headed	M	J
Cantaloupe	J
Cape Gooseberry
Capsicum	M	J
Cardoon
Carrot	J	J
Cauliflower
Celeriac
Celery
Ceylon Spinach
Chayote squash
Chicory
Chilli peppers	M	J
Chinese cabbage	M	J

Long Yam
Luffa/Loofah
Mache	J	J
Maize	J
Malabar greens
Mangetout	J	J
Mangle Wurzel
Mangold	J
Marrow
Mibuna	M	J
Mint	M	J
Mitzuna	M	J
Mizuna	M	J
Mustard greens	M	J
Napa cabbage	M	J
New Zealand Spinach
Okra
Onion	.	.	M	A	M	J
Oregano/Pot Marjoram	M	J
Pak Choy/Choi	M	J
Parsley	M	J
Parsnip	J
Peanut
Peas	J
Potato	J
Pumpkin	M	J
Quinoa
Radicchio
Radish	J
Rhubarb
Rocket	J	.	A
Rockmelon	J
Rosella
Rosemary
Rutabaga	M	J
Sage
Salsify
Savory/Bean Herb	J
Scallions	M	J
Shallots
Silverbeet	J
Snow-Peas	J	J

Southern peas
Spinach	J
Spring onions	M	J
Squash	M	J
Strawberry plants	J
Strawberry seeds	.	.	M	A	M	J
Sugar/Snap Peas	J	J
Summer squash	M	J
Sunchoke
Sunflower	M
Swedes	M	J
Sweet corn	J
Sweet Marjoram
Sweet peppers	M	J
Sweet Potato/ Kumara
Swiss-Chard	J
Taro
Thyme
Tomatillo
Tomato	.	.	M	A	M	J
Tumeric
Turnip	M	J
Vegetable oyster
Vietnamese Mint
Warrigal greens
Water Chestnut
Watermelon
Winged bean
Witloof
Wong bok	M	J
Yacon/Sunroot
Yam/Oka/Oca
Zucchini	M	J