

Sowing Calendar for Vegetables and Herbs in Canada Zone 5a

see [PlantWhatWhen - Canada Zone 5a Sowing Guide](#)

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

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|----------------------|---|---|---|---|---|---|---|---|---|---|---|---|
| Chinese parsley | . | . | . | . | M | . | . | A | S | . | . | . |
| Chinese Peas | . | . | . | . | M | J | J | A | . | . | . | . |
| Chives | . | . | . | A | M | J | J | A | S | . | . | . |
| Choko | . | . | . | . | . | . | . | . | . | . | . | . |
| Cilantro | . | . | . | . | M | . | . | A | S | . | . | . |
| Cocoyam | . | . | . | . | . | . | . | . | . | . | . | . |
| Collards | . | . | M | A | M | . | . | A | S | . | . | . |
| Coriander | . | . | . | . | M | . | . | A | S | . | . | . |
| Corn Salad | . | . | . | . | M | J | J | A | . | . | . | . |
| Courgette | . | . | . | . | . | J | J | . | . | . | . | . |
| Cowpeas | . | . | . | . | . | . | . | . | . | . | . | . |
| Cucumber | . | . | . | A | M | J | . | . | . | . | . | . |
| Daikon | . | . | . | . | M | J | . | . | . | . | . | . |
| Dasheen | . | . | . | . | . | . | . | . | . | . | . | . |
| Dill | . | . | . | . | M | J | J | A | . | . | . | . |
| Eggplant | . | . | M | A | M | J | . | . | . | . | . | . |
| Endive | . | . | . | . | M | J | J | . | . | . | . | . |
| Eschalots | . | . | M | A | M | J | J | . | . | . | . | . |
| Fava bean | . | . | M | A | M | J | . | . | . | . | . | . |
| Fennel | . | . | . | A | M | . | . | . | . | . | . | . |
| Finocchio | . | . | . | . | . | . | . | . | . | . | . | . |
| Florence Fennel | . | . | . | . | . | . | . | . | . | . | . | . |
| French tarragon | . | . | . | . | M | J | J | . | . | . | . | . |
| Gai choy | . | . | . | A | M | J | J | A | . | . | . | . |
| Garlic | . | . | . | A | M | . | . | A | S | . | . | . |
| Ginger | . | . | . | . | . | . | . | . | . | . | . | . |
| Gobo | . | . | . | A | M | J | . | . | . | . | . | . |
| Gumbo | . | . | . | . | . | . | . | . | . | . | . | . |
| Horseradish | . | . | . | . | M | J | J | . | . | . | . | . |
| Hot peppers | . | . | M | A | M | J | . | . | . | . | . | . |
| Huauzontle | . | . | . | . | . | . | . | . | . | . | . | . |
| Japanese Greens | . | . | . | A | M | J | J | . | . | . | . | . |
| Japanese radish | . | . | . | . | M | J | . | . | . | . | . | . |
| Jerusalem Artichokes | . | . | . | . | M | J | . | . | . | . | . | . |
| Kale | . | . | M | A | M | . | . | A | S | . | . | . |
| Kohlrabi | . | . | . | . | M | . | J | . | . | . | . | . |
| Ladyfinger | . | . | . | . | . | . | . | . | . | . | . | . |
| Lamb's lettuce | . | . | . | . | M | J | J | A | . | . | . | . |
| Leeks | . | F | M | A | M | J | . | . | . | . | . | . |
| Lemon Balm | . | . | . | . | M | J | J | A | . | . | . | . |
| Lettuce | . | . | M | A | M | J | J | A | . | . | . | . |
| Lo Bok | . | . | . | . | M | J | . | . | . | . | . | . |

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

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