

Sowing Calendar for Vegetables and Herbs in Canada Zone 5b

see [PlantWhatWhen - Canada Zone 5b 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	.	.	.	S	.	.	.
Asparagus	.	F	M	.	M	J
Asparagus pea	M	J
Aubergine	.	.	M	A	M	J
Basil	M	J	J
Beans climbing/snake	M	J
Beans dwarf/bush	M	J
Beetroot	.	.	.	A	M	J
Beets	.	.	.	A	M
Belgian endive	M	J	J	A
Bell peppers	.	.	M	A	M	J
Black eye peas
Bok Choy	.	.	M	A	M	.	.	A	S	.	.	.
Borage	M	J
Borecole	.	F	M	A	M	.	.	A	S	.	.	.
Borekale	.	F	M	A	M	.	.	A	S	.	.	.
Broad bean	.	.	M	A	M	J
Broccoli	.	.	.	A	M	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	.	.	M	A	M	J
Capsicum	.	.	M	A	M	J
Cardoon
Carrot	.	.	.	A	M	J	J	A
Cauliflower	.	.	M	.	M	J
Celeriac	.	.	M	A	M	J	J
Celery	.	.	M	A	M	J
Ceylon Spinach
Chayote squash
Chicory	M	J	J	A
Chilli peppers	.	.	M	A	M	J
Chinese cabbage	J	A	S	.	.	.

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

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

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