

Sowing Calendar for Vegetables and Herbs in Canada Zone 6b

see [PlantWhatWhen - Canada Zone 6b Sowing Guide](#)

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

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

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

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