

Sowing Calendar for Vegetables and Herbs in Canada Zone 7a

see [PlantWhatWhen - Canada Zone 7a Sowing Guide](#)

Plant	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Amaranth
Angelica	J	A	S	.	.	.
Artichokes globe	.	F	M	.	.	J
Arugula/Rucola	.	.	M	A	M	.	.	.	S	O	.	.
Asparagus	.	F	M	.	M	J
Asparagus pea	.	.	M	A	M
Aubergine	.	F	M	A	M	J	J
Basil	M	J	J
Beans climbing/snake	.	.	.	A	M	J	J
Beans dwarf/bush	.	.	.	A	M	J	J
Beetroot	.	.	.	A	M	J
Beets	.	.	.	A	M	J
Belgian endive	.	.	.	A	M	J	J	A
Bell peppers	.	F	M	A	M	J
Black eye peas
Bok Choy	.	F	M	A	M	.	.	A	S	.	.	.
Borage	.	.	.	A	M	J
Borecole	.	F	M	A	M	.	.	A	S	O	.	.
Borekale	.	F	M	A	.	.	.	A	S	O	.	.
Broad bean	.	F	M	A	M	J
Broccoli	.	F	M	A	M	J	J
Brussels sprouts	.	F	M	A	M	J
Burdock	.	.	M	A	M	J
Cabbage loose-headed	.	F	M	A	M	J	J
Cabbage tight-headed	.	F	M	A	M	J	J
Cantaloupe	.	.	M	A	M	J
Cape Gooseberry	.	.	M	A	M	J
Capsicum	.	F	M	A	M	J
Cardoon	.	F	M	A	M
Carrot	.	.	M	A	M	J	J	A
Cauliflower	.	F	M	A	M	J	J
Celeriac	.	F	M	A	M	J	J
Celery	.	F	M	A	M	J	J
Ceylon Spinach
Chayote squash
Chicory	.	.	.	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	.	.	.	A
Chives	.	.	M	A	M	J	J	A	S	.	.	.
Choko
Cilantro	.	.	.	A	M	.	.	A	S	.	.	.
Cocoyam
Collards	.	F	M	A	.	.	.	A	S	O	.	.
Coriander	.	.	.	A	M	.	.	A	S	.	.	.
Corn Salad	.	.	M	A	M	J	J	A	S	O	.	.
Courgette	.	.	.	A	M	J	J	A
Cowpeas
Cucumber	.	.	.	A	M	J	J
Daikon	.	.	.	A	M	J	J	A
Dasheen
Dill	.	.	.	A	M	J	J	A	S	.	.	.
Eggplant	.	F	M	A	M	J	J
Endive	.	.	.	A	M	J	J	A
Eschalots	J	F	M	A	.	J	J	D
Fava bean	.	F	M	A	M	J
Fennel	.	.	M	A	M
Finocchio	.	.	M	A	M	.	J
Florence Fennel	.	.	M	A	M	.	J
French tarragon	.	.	.	A	M	J	J
Gai choy	.	.	M	A	M	J	J	A	S	.	.	.
Garlic	.	.	M	A	M	.	.	.	S	O	.	.
Ginger
Gobo	.	.	M	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	.	F	M	A	M	.	.	A	S	.	.	.
Japanese radish	.	.	.	A	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	.	.	M	A	M	J	J	A	S	O	.	.
Leeks	J	F	M	A	M	J	J	D
Lemon Balm	.	.	.	A	M	J	J	A
Lettuce	.	F	M	A	M	J	J	A	S	.	.	.

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

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