

Sowing Calendar for Vegetables and Herbs in Canada Zone 7b

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

Amaranth
Angelica	J	A	S	.	.	.
Artichokes globe	J	F	M	.	M	J
Arugula/Rucola	.	.	M	A	M	.	.	.	S	O	.	.
Asparagus	.	F	M	.	M	J
Asparagus pea	.	.	.	A	M	J
Aubergine	.	F	M	A	M	J	J
Basil	.	.	.	A	M	J	J
Beans climbing/snake	.	.	M	A	M	J	J
Beans dwarf/bush	.	.	M	A	M	J	J
Beetroot	.	.	M	A	M	J	J
Beets	.	.	M	A	M	J	J
Belgian endive	.	.	.	A	M	J	J	A	S	.	.	.
Bell peppers	.	F	M	A	M	J
Black eye peas
Bok Choy	.	F	M	A	M	.	.	.	S	O	.	.
Borage	.	.	M	A	M	J
Borecole	.	F	M	A	M	.	.	A	S	O	.	.
Borekale	.	F	M	A	M	.	.	A	S	O	.	.
Broad bean	J	F	M	A	M	J	J
Broccoli	J	F	M	A	M	J	J	A
Brussels sprouts	J	F	M	A	M	J	J
Burdock	.	.	M	A	M	J
Cabbage loose-headed	J	F	M	A	M	J	J	A
Cabbage tight-headed	J	F	M	A	M	J	J	A
Cantaloupe	.	.	M	A	M	J	J
Cape Gooseberry	.	F	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	.	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	S	.	.	.
Chilli peppers	.	F	M	A	M	J	J
Chinese cabbage	J	A	S	.	.	.
Chinese parsley	.	.	M	A	M	.	.	A	S	.	.	.

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