

Sowing Calendar for Vegetables and Herbs in Canada Zone 8a

see [PlantWhatWhen - Canada Zone 8a Sowing Guide](#)

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

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

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

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