

## Sowing Calendar for Vegetables and Herbs in Canada Zone 8b

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

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

Chinese parsley	.	F	M	A	M	.	.	A	S	.	.	.
Chinese Peas	J	F	M	A	M	.	.	A	S	.	.	.
Chives	.	F	M	A	M	J	J	A	S	.	.	.
Choko	.	.	.	.	.	.	.	.	.	.	.	.
Cilantro	.	F	M	A	M	.	.	A	S	.	.	.
Cocoyam	.	.	.	.	.	.	.	.	.	.	.	.
Collards	J	F	M	A	M	.	.	A	S	O	.	.
Coriander	.	F	M	A	M	.	.	A	S	.	.	.
Corn Salad	.	F	M	A	M	J	J	A	S	O	.	.
Courgette	.	F	M	A	M	J	J	A	.	.	.	.
Cowpeas	.	.	.	A	M	.	.	.	.	.	.	.
Cucumber	.	F	M	A	M	J	J	A	.	.	.	.
Daikon	.	.	M	A	M	J	.	A	S	.	.	.
Dasheen	.	.	.	.	.	.	.	.	.	.	.	.
Dill	.	.	M	A	M	J	J	A	S	O	.	.
Eggplant	J	F	M	A	M	J	J	.	.	.	.	.
Endive	.	F	M	A	M	J	J	A	S	.	.	.
Eschalots	J	F	M	A	M	J	J	A	.	.	N	D
Fava bean	J	F	M	A	M	J	J	.	S	O	N	.
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	.	.	O	.	.
Gai choy	J	F	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	F	M	A	M	J	J	A	.	.	.	.
Huauzontle	.	.	.	.	.	.	.	.	.	.	.	.
Japanese Greens	J	F	M	A	M	.	.	.	S	O	.	.
Japanese radish	.	.	M	A	M	J	.	A	S	.	.	.
Jerusalem Artichokes	.	.	M	A	M	J	.	.	.	.	N	.
Kale	J	F	M	A	M	.	.	A	S	O	.	.
Kohlrabi	J	F	M	A	M	J	J	A	S	.	.	.
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	A	S	O	.	D
Lemon Balm	.	F	M	A	M	J	J	A	.	.	.	.
Lettuce	J	F	M	A	M	J	J	A	S	O	.	.
Lo Bok	.	.	M	A	M	J	.	A	S	.	.	.

Long Yam	.	.	.	.	.	.	.	.	.	.	.	.
Luffa/Loofah	.	F	M	A	M	J	.	.	.	.	.	.
Mache	.	F	M	A	M	J	J	A	S	O	.	.
Maize	.	.	M	A	M	J	J	A	.	.	.	.
Malabar greens	.	.	.	.	.	.	.	.	.	.	.	.
Mangetout	J	F	M	A	M	.	.	A	S	.	.	.
Mangle Wurzel	.	.	.	.	.	.	.	.	.	.	.	.
Mangold	J	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	J	F	M	A	M	J	J	A	S	.	.	.
Napa cabbage	.	.	.	.	.	.	J	A	S	.	.	.
New Zealand Spinach	.	.	M	A	M	J	.	.	.	.	.	.
Okra	.	.	M	A	M	J	.	.	.	.	.	.
Onion	J	F	M	A	M	J	J	.	S	O	N	D
Oregano/Pot Marjoram	.	F	M	A	M	J	J	.	.	.	.	.
Pak Choy/Choi	J	F	M	A	M	.	.	.	S	O	N	.
Parsley	J	F	M	A	M	J	J	A	.	.	.	.
Parsnip	J	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	J	F	M	A	M	J	.	A	S	O	.	.
Rhubarb	.	F	M	A	M	J	.	.	.	.	.	.
Rocket	.	F	M	A	M	.	.	.	S	O	N	.
Rockmelon	.	F	M	A	M	J	J	.	.	.	.	.
Rosella	.	.	.	.	.	.	.	.	.	.	.	.
Rosemary	J	F	M	A	M	J	.	.	.	.	.	.
Rutabaga	J	F	M	A	M	.	.	A	S	O	N	D
Sage	.	.	.	A	M	J	.	.	.	.	.	.
Salsify	.	.	M	A	M	J	.	.	.	O	N	.
Savory/Bean Herb	.	F	M	A	M	J	.	.	.	.	.	.
Scallions	J	F	M	A	M	J	J	A	S	O	N	.
Shallots	J	F	M	A	M	J	J	A	.	.	N	D
Silverbeet	J	F	M	A	M	.	.	A	S	O	.	.
Snow-Peas	J	F	M	A	M	.	.	A	S	.	.	.

Southern peas	.	.	.	A	M	.	.	.	.	.	.	.
Spinach	.	F	M	A	M	.	.	A	S	O	.	.
Spring onions	J	F	M	A	M	J	J	A	S	O	N	.
Squash	.	.	M	A	M	J	J	A	.	.	.	.
Strawberry plants	.	.	M	A	M	.	.	.	S	O	.	.
Strawberry seeds	J	F	M	A	M	J	.	.	.	.	.	.
Sugar/Snap Peas	J	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	.	.	.	.	.
Swedens	J	F	M	A	M	.	.	A	S	O	N	D
Sweet corn	.	.	M	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	J	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	.	.	A	S	.	.	.
Vegetable oyster	.	.	M	A	M	J	.	.	.	O	N	.
Vietnamese Mint	.	.	.	.	.	.	.	.	.	.	.	.
Warrigal greens	.	.	M	A	M	J	.	.	.	.	.	.
Water Chestnut	.	.	.	.	.	.	.	.	.	.	.	.
Watermelon	.	.	M	A	M	J	J	.	.	.	.	.
Winged bean	.	.	M	A	M	J	.	.	.	.	.	.
Witloof	.	.	M	A	M	J	J	A	S	O	.	.
Wong bok	.	.	.	.	.	.	J	A	S	.	.	.
Yacon/Sunroot	.	.	M	.	.	.	.	.	.	.	.	D
Yam/Oka/Oca	.	F	M	A	M	J	J	.	.	.	.	.
Zucchini	.	F	M	A	M	J	J	A	.	.	.	.