

Recommended Planting Dates

We've found the dates below to be the best times to plant in the **inland plains of the mid-Atlantic**, based on our experience in central Virginia (zone 7a, average last spring frost April 15, average first fall frost October 15). Adjust according to your own frost dates. Row cover can allow for planting 1–2 weeks earlier in the spring and 1–2 weeks later for fall harvest in all regions. We consider the mid-Atlantic to be divided into 3 distinct gardening regions: inland plains, coastal, and mountain. Use these guidelines to adjust dates for your region:

Coastal Gardens: Mild winters allow for planting spring crops up to 2–4 weeks earlier in late winter and early spring. Continue to plant cool-season fall crops up to 2–4 weeks later in summer and fall.

Mountain Gardens: You may need to delay plantings up to 2–4 weeks later in the late winter and early spring to allow the soil to warm and dry out. Take advantage of long springs by planting cool-season spring crops up to 2–4 weeks later. Discontinue fall plantings up to 2–4 weeks earlier to ensure adequate time before frosts. Hot-season crops should be planted early enough to ensure adequate heat and time for maturation, but be sure to allow the soil to adequately warm. Choose faster-maturing varieties for hot-season crops.

Artichoke	sow indoors Feb 21–Mar 21, transplant out Apr 21–May 21
Beans, Bush	direct sow Apr 15–Aug 1
Beans, Pole	direct sow Apr 15–Jul 15
Beans, Lima	direct sow May 7–Jul 25
Beets	direct sow Mar 15–Jun 15, Aug 15–Sept 15
Broccoli	direct sow Mar 10–Jul 1 sow indoors Jan 31–May 31, transplant out Mar 15–Jul 15
Brussels Sprouts	direct sow May 1–Jun 1 sow indoors Apr 1–May 15, transplant out May 15–Jun 15
Cabbage	direct sow Mar 10–Jul 15 sow indoors Jan 31–Jul 1, transplant out Mar 15–Aug 1
Cabbage, Chinese	direct sow Mar 10–Apr 7, Jul 15–Aug 15
Carrots	direct sow Mar 10–May 1, Jul 25–Aug 15
Cauliflower (spring)	sow indoors Jan 31–Mar 7 transplant out Mar 15–Apr 7
Cauliflower (fall)	direct sow Jun 1–Jul 1
Celery & Celeriac	sow indoors Jan 21–Feb 15 move to cold frame Mar 1–Mar 15, transplant out May 1–Jun 1.

Collards	direct sow Mar 10–Sept 1
Corn	direct sow Apr 21–Jul 15
Cucumbers	direct sow May 1–Jul 21
Eggplants	sow indoors Mar 7–Apr 21 transplant out May 7–Jun 21
Endive	direct sow Mar 15–Apr 15, Jul 21–Sept 15
Garlic	plant bulbs Oct 15–Nov 15
Kale	direct sow Mar 10–Apr 15, Jul 21–Sept 15
Kohlrabi	direct sow Mar 10–Apr 15, Jul 15–Aug 21
Lettuce	direct sow Mar 10–Jun 1, Aug 7–Sept 21
Muskmelon	direct sow May 1–Jun 15
Mustards	direct sow Mar 10–May 1, Jul 25–Oct 1
Okra	direct sow May 1–Jul 1
Onions, Bulb	sow in cold frame Nov 10– Dec 1 (or indoors Jan 1–Jan 21), transplant out Mar 1–Mar 21
Onion, Multiplier	plant bulbs Oct 15–Nov 15
Parsnips	direct sow Mar 1–May 1

Peas	direct sow Mar 1–Apr 15, Jul 15–Aug 1
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Southern Peas	direct sow May 7–Jul 25
Peppers	sow indoors Mar 7–Apr 21 transplant out May 7–Jun 21
Potatoes	transplant out Mar 15–Apr 15, Jun 1–25 (mulch)
Radishes	direct sow Mar 10–Jun 1, Aug 1–Nov 1
Rutabaga	direct sow Aug 1–Aug 21
Spinach	direct sow Mar 1–Apr 21, Sept 1–Oct 1
Summer Squash & Zucchini	direct sow Apr 21–Jul 21
Winter Squash & Pumpkins	direct sow May 1–Jun 10
Sunflowers	direct sow Apr 15–Jul 7
Sweet Potatoes	transplant out May 15–Jun 21
Swiss Chard	direct sow Mar 15–Aug 1
Tomatoes	sow indoors Feb 21–May 7 transplant out Apr 21–Jun 21
Turnips	direct sow Mar 10–Apr 15, Aug 7–Oct 1
Watermelon	direct sow May 1–Jun 10