

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

Broccoli 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

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