

My Average Last Frost Date (LFD) = _____

**Starting Seeds Indoors:
When to Start, Harden Off, and Transplant**

| A | B | C | D | E | G |
|------------------|-------------------------------------|----------------------------------|------------------------------|--------------------------------|------------------------|
| Crop | # of Weeks to Reach Transplant Size | Transplant Out (Relative to LFD) | My Indoor Seed Starting Date | My Date to Begin Hardening Off | My Transplant Out Date |
| Artichokes | 12 | 1-2 weeks after | | | |
| Arugula/Greens | 4-6 | 1 week after | | | |
| Beans | direct seed | 2 weeks after | | NA | NA |
| Beets* | 4-6 | 2-3 weeks before | | | |
| Broccoli | 4-6 | 2 weeks before | | | |
| Brussels Sprouts | 4-6 | 3 weeks before | | | |
| Cabbage | 4-6 | 3 weeks before | | | |
| Carrots | direct seed | 1-2 weeks before | | NA | NA |
| Cauliflower | 4-6 | 2 weeks before | | | |
| Collards | 4-6 | 4 weeks before | | | |
| Corn | 2-4 | 2 weeks after | | | |
| Cucumbers | 2-4 | 2 weeks after | | | |
| Eggplant | 6-9 | 3 weeks after | | | |
| Kale | 4-6 | 4 weeks before | | | |
| Leeks | 10-12 | 1-2 weeks after | | | |
| Lettuce, head | 4-5 | 3-4 weeks before | | | |
| Lettuce, leaf | direct seed | 2 weeks before | | NA | NA |
| Melons | 3-4 | 2 weeks after | | | |
| Okra | 4-6 | 2-4 weeks after | | | |
| Onions | direct seed | 2-3 weeks before | | NA | NA |
| Peas | direct seed | 6-8 weeks before | | NA | NA |
| Peppers (Hot) | 10-12 | 2 weeks after | | | |
| Peppers (Sweet) | 8-10 | 2 weeks after | | | |
| Pumpkins | direct seed | 1 week after | | NA | NA |

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**Starting Seeds Indoors:
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| A | B | C | D | E | F |
|-------------|-------------------------------------|----------------------------------|------------------------------|--------------------------------|------------------------|
| Crop | # of Weeks to Reach Transplant Size | Transplant Out (Relative to LFD) | My Indoor Seed Starting Date | My Date to Begin Hardening Off | My Transplant Out Date |
| Radish* | direct seed | very early spring | | NA | NA |
| Spinach | 4-6 | 4-6 weeks before | | | |
| Squash* | 2-4 | 2-4 weeks after | | | |
| Swiss chard | 4-6 | 2 weeks before | | | |
| Tomatoes | 6-8 | 1-2 weeks after | | | |
| Tomatillos | 8 | When nights > 50° | | | |
| Turnips | direct seed | 1-2 weeks before | | NA | NA |
| Watermelons | 3-4 | 2 weeks after | | | |
| | | | | | |
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***Beets:** most people direct seed beets 0-2 weeks after LFD

***Radish:** direct sow as soon as the soil can be worked in spring

***Squash:** best to direct seed; squash is very sensitive to root damage when transplanting; DO NOT damage roots when transplanting, use peel-away pots

Instructions:

1) Get a regular calendar, and mark your Last Frost Date on it. In the US, you can find this at: <http://www.almanac.com/content/frost-chart-united-states>

2) On the wall calendar, locate the date that corresponds to Column C, and write that date in Column F, "My Transplant Out Date".

3) You will begin to harden off your seedlings 10 days before the transplant out date, so find that date on your calendar and write it in Column E. On that day, take your seedlings out into a shady spot and leave them there about an hour. Each day let them spend a little longer outside, with a little more sun. This gives them a chance to be strengthened by wind and to adapt to the intensity of the sun. If you just transplant them straight out, they will die.

4) Now take the transplant out date in Column F, and count backwards on your calendar by the number of weeks listed in Column B. Put that date in Column C, "My Indoor Seed Starting Date". Now mark all these dates on your calendar so you don't forget when the tasks are due. I recommend a dedicated calendar just for gardening tasks and notes.