



Vegetable Planting Guide

Temperature and general growing conditions vary from year to year and from one microenvironment to another within a landscape. Allow wet soils to dry enough after snow melt or rains that the soil does not become cloddy when worked. A handful of soil should crumble somewhat after you squeeze it.

Vegetable names are followed by average days to maturity – add two weeks for summer/fall crops to compensate for shorter days. Days to maturity will vary depending on cultivar, as some mature earlier than others, and due to variations in site and weather conditions from year to year. Check catalogs and seed packets for maturity time. Keep this information over the course of the growing season so that you may refer to it. All times are approximate – as you gain familiarity with the varieties you grow and your site, let your experience be your guide.

Direct Seed or Transplant?

Most crops may be direct seeded (seeds planted directly in the garden), but many perform better when grown from transplants (seeds started ahead in a container of soil). Some vegetables may be started either way. Transplants of popular vegetables may be purchased at a garden center. Choose young, sturdy looking plants.

Rockland County Average Frost Dates:

Last spring frost	May 15 th	(in some years, killing frost occurs after these dates)
Safe for tender vegetables	June 1 st	(in a warm spring you may plant a week or two earlier, but be prepared to protect transplants from cold)
First fall frost	October 30 th to November 10 th	(in some years, killing frost occurs before these dates; consider protection to extend season)

Sources:

Recommended Vegetable Varieties: See [Selected Vegetable Varieties for Gardeners in New York State](http://www.gardening.cornell.edu/vegetables/vegvar.pdf). This publication is updated annually.
<http://www.gardening.cornell.edu/vegetables/vegvar.pdf>

Vegetable Growing Guidelines: See Cornell Gardening Resources: Vegetables <http://www.gardening.cornell.edu/vegetables/index.html>

Cornell Gardening Resources: Weather 10/08/2010 <http://www.gardening.cornell.edu/weather/index.html>

Guidelines for Harvesting Vegetables. Cornell Cooperative Extension of Chemung County 10/2001
<http://www.gardening.cornell.edu/factsheets/vegetables/harvestguide.pdf>

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The information on pest management for New York State contained in this publication is dated June 2011. The user is responsible for obtaining the most up-to-date pest management information. Contact any Cornell Cooperative Extension county office or PMEP (<http://pmep.cce.cornell.edu/>), the Cornell Cooperative Extension pesticide information website. The information herein is no substitute for pesticide labeling. The user is solely responsible for reading and following manufacturer's labeling and instructions.

Vegetable Planting Guide Average last spring frost in Rockland County is May 15. To determine when to start seed indoors, count back by weeks. Average first fall frost is November 5. To determine when to start your fall garden outdoors, add 2 weeks before counting back. Vegetables are followed by days to maturity from seed or transplant in ().

Seeds Indoors (See seed packet or catalog for specific varieties)	Direct Seed Outdoors Early Spring (Late March to Mid-April) Soil Temp.>50° F	Transplant Outdoors Early Spring (Mid April) Soil Temp.>50° F	Direct Seed Outdoors Late Spring (Late May to Mid-June) Soil Temp.>70° F	Transplant Outdoors Late Spring (Late May) Soil Temp.>70° F	Summer/Fall Direct Seed Outdoors (July to August) Faster maturing veg. up to mid-September	Summer/Fall Transplant Outdoors (July to August)
10-12 weeks prior to last frost	Beet (55-65)	Asparagus (bears 2 nd or 3 rd year)	Amaranth, vegetable/ Tampala (80-100)	Cucumber (60-65)	Bean, bush (50-60)	Cabbage (65-80)
Chinese/Garlic Chives (80)	Carrot (70-80)	Broccoli (60-80)	Bean, bush (50-60)	Eggplant (75-90)	Beet (55-65)	Cauliflower (55-60)
Leek (100-120)	Chard, Swiss (60-75)	Brussels Sprouts (90-120)	Bean, pole (65-75)	Melon (70-80)	Broccoli (60-80)	Kale (55-75)
Onion, seed (100-140)	Chinese/Garlic Chives (80)	Cabbage (65-80)	Carrot (70-80)	Parsley (80-100)	Cabbage (65-80)	Lettuce, head (60-85)
Scallion, seed (90-120)						
6-8 weeks prior to last frost	Chinese Broccoli or Kale (55-70)	Cauliflower (55-60)	Chinese Broccoli or Kale (55-70)	Pepper (65-80)	Carrot (70-80)	
Early Crops:	Chinese Cabbage/ Bok Choy (40-50)	Chinese/Garlic Chives (80)	Chinese Okra or Ridged Gourd (100)	Pumpkin (100-120)	Chard, Swiss (60-75)	Summer/Fall Transplant Outdoors (Late September. to Mid-October)
Brussels Sprouts (90-120)	Endive (65-85)	Kale (55-75)	Corn (80-100)	Squash, summer (40-55)	Chinese Broccoli or Kale (55-70)	
Cabbage (65-80)	Escarole (45-50)	Leek (100-120)	Cucumber (60-65)	Squash, winter (85-100)	Chinese Cabbage/ Bok Choy (40-50)	
Cauliflower (55-60)						
Kale (55-75)	Green Onion, Scallion (65-75)	Lettuce, head (60-85)	Lettuce, leaf (50-60)	Sweet Potato, slips (90-150)	Endive (65-85) Escarole (45-50)	Garlic, cloves (90-150)
Kohlrabi (50-70)	Kale (55-75)	Lettuce, leaf (50-60)	Melon (70-80)	Tomato (70-90)	Kohlrabi (50-70)	Shallot, sets (90-150)
Lettuce, head (60-85)						
Lettuce, leaf (50-60)	Kohlrabi (50-70)	Onion, plants or sets (90-100)	Okra (50-80)	Watermelon (80-90)	Lettuce, leaf (50-60)	
Parsley (80-100)						
Late Crops:	Lettuce, head (60-85)	Parsley (80-100)	Pumpkin (100-120)		Lettuce, head (60-85)	
Eggplant (75-90)						
Pepper (65-80)						
4-6 weeks prior to last frost	Lettuce, leaf (50-60)	Potatoes (70-90) Mid-April to Early May	Soybean (65-85)		Mustard Greens (40-50)	
Tomato (70-90)	Mustard Greens (40-50)	Scallion, plants (90-120)	Spinach, Malabar (70-80)		Peas (60-80)	
Less than 4 weeks prior to last frost	Peas (60-80)	Shallot, sets (90-150)	Spinach, New Zealand (55-65)		Peas, edible podded (58-72)	
Cucumber (60-65)	Peas, edible podded (58-72)		Squash, summer (40-55)		Radish (25-30)	
Melon (70-80)	Parsnip (90-120)		Squash, winter (85-100)		Radish, winter/Asian (30-60)	
Pumpkin (100-120)			Watermelon (80-90)		Rutabaga (28-100)	
Squash, summer (40-55)	Radish (25-30) Rutabaga (28-100)				Spinach (50-70)	
Squash, winter (85-100)	Spinach (38-45)				Turnip (40-60)	
Sweet Potato, slips (90-150)	Turnip (40-60)					
Watermelon (80-90)						