



Seed Starting Dates

This chart lists some of the most popular crops that are grown in Atlantic Canada. Use these dates as a guide to know when to start seeds indoors and when to sow directly in the garden.

Crop	Start Seed Indoors	Sow Directly in Ground
Beans*		May
Beets*		Late April - May
Broccoli	Mid March - Mid April	Mid April
Brussels Sprouts	Mid March - Mid April	
Cabbage	Mid March - Mid April	Late April - Early May
Carrots*		April - May
Cauliflower	March	Early May
Celery	March	
Corn		Mid May
Cucumbers	Mid April	Mid May
Eggplant	March - Mid April	
Kale*		Mid April - Early June
Leeks	Mid-February - Mid May	Mid May - Early June
Lettuce*	Early April	May - Fall
Melons	Mid April	Mid May
Onion Sets		Mid April
Parsnips		Mid - Late April
Peas*		April - June
Peppers	Mid February - Mid March	
Pumpkins	Mid April	Mid May
Radishes*		Late April - Early May
Spinach*		Early April - fall
Squash, Summer	Early - Mid April	Mid May
Squash, Winter	Early - Mid April	Mid May
Tomatoes	Mid February	

Please note that these are estimated seeding dates and you must keep an eye on weather patterns and protect crops if frost warnings arise.

*All these crops are perfect for succession plantings. Sow seed at 2 week intervals to ensure a continuous harvest all season long.

Looking to extend your harvest season by planting a cold crop. Many varieties are perfect to plant again in August. Try the Napoli Carrot, Cos varieties of Lettuce, Corn Salad (Mache), Arugula, Peas, Shiro Pak Choi and Kale to name a few.