

## MY SEED-STARTING PLAN

The Spring Frost-Free Date in My Garden is \_\_\_\_\_

CROP	WHEN TO START INSIDE	WEEKS FROM SOWING	SAFE TO SET OUT TIME (RELATIVE TO FROST-FREE DATE)	SETTING OUT/SOWING DATE
Basil		6	1 week after	
Beets*		4-6	2 weeks before	
Broccoli		4-6	2 weeks before	
Cabbage		4-6	4 weeks before	
Carrots*		4-6	2 weeks before	
Cauliflower		4-6	2 weeks before	
Collards		4-6	4 weeks before	
Corn*		2-4	0 to 2 weeks after	
Cucumber**		3-4	1 to 2 weeks after	
Eggplant		8-10	2 to 3 weeks after	
Kale		4-6	4 weeks before	
Kohlrabi*		4-6	4 weeks before	
Lettuce**		4-5	3 to 4 weeks before	
Melons**		3-4	2 weeks after	
Mustard*		4-6	4 weeks before	
Okra*		4-6	2 to 4 weeks after	
Onions		6-8	4 weeks before	
Parsley		9-10	2 to 3 weeks before	
Peas*		3-4	6 to 8 weeks before	
Peppers		6-14	2 weeks after	
Pumpkins**		3-4	2 weeks after	
Spinach**		4-6	3 to 6 weeks before	
Summer Squash**		3-4	2 weeks after	
Winter Squash**		3-4	2 weeks after	
Swiss chard		4-6	2 weeks before	
Tomatoes		6-8	1 to 2 weeks after	

\*These crops are usually direct-seeded outdoors, but they can be started inside.

\*\*Often direct-seeded outdoors.

NOTE: Greater Portland area is Zone 4 and use May 20 for Frost-Free Date.