

## Sowing and Planting Schedule

These are suggestions only and for zone 4, particularly from Gorham, Maine, north and west in Cumberland County. Portland and the coast is a little warmer, Bridgton a little colder - almost zone 3. Your particular garden site might also be warmer. Gardening is a lot of trial & error. Try experimenting with seeds to see if your site can grow plants early. Don't forget what you discover - keeping a garden journal is a great way to keep track of your experiments.

### Early Season: April 15 - May 30

- Cold and Cole Crops
  - Broccoli
  - Cauliflower
  - Kales
  - Chard
  - Lettuce (tender than others, cover if frost)
  - Collards
  - Cabbage
  - Spinach
  - Onions
  
- Seeds you can plant when you can work the soil. When plants sprout in the soil, they tend to be hardier than seedlings, which are shocked when they are transplanted.
  - Pea Seeds
  - Carrots
  - Beets
  - Radishes
  - Potatoes
  - Beans, you can try around May 20 unless you hear rumors of a frost coming.
  - and all the crops listed above

### Warm Season: June 1 - June 20

Try to get all your planting done by the 20th to insure harvest before frost.

- Warm Season Crops
  - Peppers
  - Tomatoes
  - Cucumbers
  - Eggplant
  - Beans
  - Melons
  - Summer Squash
  - Winter Squash
  - Pumpkins
  
- Plant seeds of all the above crops as soon as there is no danger of frost. Your direct sown plants will probably catch up to your seedlings, because they will acclimate to your garden climate.

### Late Season: July 1 - August 1

Try a second planting of any of the crops from the early season group. Things like lettuce you can sow all summer long, but remember they like it cool. Give these plants some shade if you try planting in the summer heat.