



Zone 7A Seed-Planting Guide • VEGETABLES

ZONE 7 AVERAGE FROST DATES
 April 15 spring • October 15 fall

This chart outlines the best times to plant vegetable seeds in garden zone 7A here in the inland plains of the mid-Atlantic. If you “row cover” (protect a row of plants from cold, wind and pests by covering them), you can plant one to two weeks earlier in the spring and one to two weeks later for fall harvest. *Special thanks to our friends at Southern Exposure Seed Exchange for providing seed planting info and premium seeds!*

VEGETABLE	SOW INDOORS	TO COLD FRAME	TRANSPLANT OUT	DIRECT SOW
Artichoke	Feb 21-Mar 21		Apr 21-May 21	
Beans, Bush				Apr 15-Aug 1
Beans, Pole Beans				Apr 15-Jul 15
Beans, Lima				May 7-Jul 25
Beets				Mar 15-Jun 15 Aug 15-Sept 15
Broccoli	Jan 31-May 31		Mar 15-Jul 15	Mar 10-Jul 1
Brussels Sprouts	Apr 1-May 15		May 15-Jun 15	May 1-Jun 1
Cabbage	Jan 31-Jul 1		Mar 15-Aug 1	Mar 10-Jul 15
Cabbage, Chinese				Mar 10-Apr 7 Jul 15-Aug 15
Carrots				Mar 10-May 1 Jul 15-Aug 15
Cauliflower, spring	Jan 31-Mar 7		Mar 15-Apr 7	
Cauliflower, fall				Jun 1-Jul 1
Celery & Celeriac	Jan 21-Feb 15	Mar 1-Mar 15	May 1-Jun 1	
Collards				Mar 10-Sept 1
Corn				Apr 21-Jul 15
Cucumbers				May 1-Jul 21
Eggplants	Mar 7-Apr 21		May 7-Jun 21	
Endive				Mar 15-Apr 15 Jul 21-Sept 15
Garlic				Oct 15-Nov 15
Kale				Mar 10-Apr 15 Jul 21- Sept 15
Kohlrabi				Mar 10-Apr 15 Jul 15-Aug 21
Lettuce				Mar 10-Jun 1 Aug 7-Sept 21
Muskmelon				May 1-Jun 15
Mustards				Mar 10-May 1 Jul 21-Oct 1
Okra				May 1-Jul 1
Onions BULB	Jan 1-Jan 21	or Nov 10-Dec 1	Mar 1-Mar 21	
Onions, Multiplier BULB				Oct 15-Nov 15
Parsnips				Mar 1-May 1
Peas				Mar 1-Apr 15 Jul 15-Aug 1
Southern Peas				May 7-Jul 25
Peppers	Mar 7-Apr 21		May 7-Jun 21	
Potatoes			Mar 15-Apr 15 Jun 1-25 mulch	
Radishes				Mar 10-Jun 1 Aug 1- Nov 1
Rutabaga				Aug 1-Aug 21
Spinach				Mar 1-Apr 21 Sept 1-Oct 1
Summer Squash & Zucchini				Apr 21-Jul 21
Winter Squash & Pumpkins				May 1-Jun 10
Sunflowers				Apr 15-Jul 7
Sweet Potatoes			May 15-Jun 21	
Swiss Chard				Mar 15-Aug 1
Tomatoes	Feb 21-May 7		Apr 21-Jun 21	
Turnips				Mar 10-Apr 15 Aug 7-Oct 1
Watermelon				May 1-Jun 10