

# A Piedmont Garden Calendar: Veggies and Cover Crops for All Seasons

As the saying goes, ‘timing is everything’ – and this is especially true in gardening! Planting crops at the right time is essential for healthy plants and a good harvest. Tomatoes planted too early will get zapped by a late-spring frost; broccoli planted in the heat of summer will flower and turn bitter. To help you avoid these common mistakes, the table below shows planting dates for **Spring, Summer, and Fall vegetables**. Crops are grouped by family to help with rotation planning. The back of this handout shows planting dates for **summer and winter cover crops** (planted to improve the soil), as well as **sample rotation plans**.

## Vegetable Planting by Season & Family

### **SPRING VEGGIES:**

- Start seeds indoors in **mid-December to mid-February**. Alliums need 8-12 weeks indoors before transplanting; Brassicas and chard need 5-8 weeks.
- Sow seeds outdoors & plant transplants in **mid-February to mid-April**

#### **Transplants:**

- **Alliums:** Leeks, Onions, Scallions (sets)
- **Brassicas:** Bok choy, Broccoli, Cabbage, Cauliflower, Collards, Kale
- **Chenopods:** Chard



#### **Direct seeding:**

- **Aster family:** Lettuce
- **Apiaceae Family:** Carrots
- **Brassicas:** Kohlrabi, Mustard, Radishes, Turnips
- **Chenopods:** Chard, Spinach, Beets
- **Legumes:** Peas



### **SUMMER VEGGIES:**

- Start seeds in **mid-February to mid-April**. Solanaceous crops need 6-8 weeks before transplanting. If you use transplants for Cucurbits (rather than direct seeding), they only need 4-5 weeks.
- Sow seeds outdoors & plant transplants in **mid-April to mid-June** (Solanaceous crops and okra) or **mid-April to mid-July** (Cucurbit crops). Beans can be planted through early September.

#### **Transplants:**

- **Cucurbits:** Cucumber, Melon, Pumpkin, Summer Squash & Winter Squash
- **Solanaceae Family:** Tomato, Pepper, Eggplant



#### **Direct seeding:**

- **Cucurbits:** Cucumber, Melon, Pumpkin, Summer Squash & Winter Squash
- **Legumes:** Beans
- **Mallow Family:** Okra



**FALL VEGGIES:** Start seeds in **mid-June to mid-July**. Sow seeds outdoors & plant transplants in **early August to mid-September**. Several crops can be planted through late September, including lettuce, spinach, and peas.

#### **Transplants:**

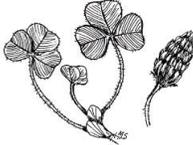
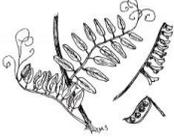
- **Brassicas:** Bok choy, Broccoli, Cabbage, Cauliflower, Collards, Kale
- **Chenopods:** Chard

#### **Direct seeding:**

- **Alliums:** Onions (harvest the following spring)
- **Aster family:** Lettuce (thru late Sept)
- **Brassicas:** Kohlrabi, Mustard, Radishes, Turnips
- **Chenopods:** Spinach (thru late Sept), Beets
- **Legumes:** Peas (thru late Sept)

## Cover Crop Seasonal Niches

Cover crops are close-growing crops planted in rotation with food crops to enrich the soil and provide other benefits, such as smothering weeds. Cover crops in the legume family (e.g., clovers, vetches, cowpeas, and peas) also contribute fixed nitrogen to the garden for future food crops, once legume residues are returned to the soil. Before planting the next vegetable crop, cover crops can be cut and left as mulch on the soil surface, or turned in to the soil. For more detailed information on cover crops, visit <http://tinyurl.com/FCGHealthySoil>.

<b><u>OVER-WINTERING COVER CROPS:</u></b> Plant in <b>September &amp; October</b> (you can ‘inter-seed’ beneath & between vegetables if needed). Cut down at flowering in <b>mid-April to early May</b> , before planting summer vegetables.			
<ul style="list-style-type: none"> <li>• <b>Crimson Clover</b> (legume): Seed in mid-September</li> <li>• <b>Rye &amp; Hairy Vetch</b> (grass/legume mixture): Seed in late September - October</li> </ul>			
<p style="text-align: right;">← <i>Crimson clover</i></p> <p style="text-align: center;"><i>Hairy vetch</i>                      <i>Winter rye</i></p>			
<b><u>SUMMER COVER CROPS:</u></b> Seed after early spring crops in <b>May – June</b> . Cut down at flowering in <b>August</b> before fall crops. Allow 35-45 days for buckwheat to flower, or 60 days for cowpea & millet to flower.			
<ul style="list-style-type: none"> <li>• <b>Buckwheat</b> (nonlegume)</li> <li>• <b>Millet &amp; Cowpea</b> (grass/legume mixture)</li> </ul>			<p><i>Buckwheat</i></p> <p><i>Cowpea</i></p>

### Rotation Planning

Be sure to **rotate to vegetables in a different plant family each year**, to avoid building up soil-borne diseases and pests, and to replenish nutrients after heavy-feeding crops. Below are example rotation plans.

Year 1	Year 2	Year 3	Year 4
<b>Spring Veggie:</b> <i>Ex: peas</i>	(over-wintering cover crop – cut down in April-May)	<b>Spring Veggie:</b> <i>Ex: spinach or beets</i>	<b>Spring Veggie:</b> <i>Ex: lettuces, salad greens</i>
<b>Summer Veggie:</b> <i>Ex: tomato or pepper</i>	<b>Summer Veggie:</b> <i>Ex: cucumber or zucchini</i>	<b>Summer veggie:</b> <i>Ex: string beans</i>	<b>Summer Cover Crop:</b> <i>Ex: buckwheat</i>
<b>Over-wintering Cover Crop:</b> <i>Ex: rye &amp; hairy vetch</i>	<b>Fall Veggie:</b> <i>Ex: kale</i>	<b>Winter-kill Cover Crop:</b> <i>Ex: oats &amp; peas</i>	<b>Fall Veggie:</b> <i>Ex: broccoli or cauliflower</i>

**References (recommended for more detailed charts of planting dates and cultural practices):**

Bass, L., C. Mauney, and D. Morris. Home Vegetable Gardening: Variety Selection Quick Reference Guide for Forsyth County. NC Cooperative Extension -- Forsyth County Center. [http://www.forsythcommunitygardening.com/Documents/Vegetable\\_Planting\\_Guide.pdf](http://www.forsythcommunitygardening.com/Documents/Vegetable_Planting_Guide.pdf)

Driscoll, E. and C. Gunter. Vegetable Planting Guide for School Gardens in the Piedmont and Coastal Plain of North Carolina. North Carolina Cooperative Extension. <http://www.nccgp.org/resources/detail/school-garden-veggie-planting-guide-piedmont-coastal-plain>

**Cover Crop Drawings** by Marianne Sarrantonio. Excerpted (reprinted) with permission from *Managing Cover Crops Profitably* (3<sup>rd</sup> edition), published by Sustainable Agriculture Research and Education (SARE) Outreach, USDA-National Institute of Food and Agriculture (NIFA). Available online at: <http://www.sare.org/Learning-Center/Books/Managing-Cover-Crops-Profitably-3rd-Edition>. For more information about SARE, please visit: <http://www.sare.org>.