

Sowing and Transplant Guide for Ithaca, New York Vegetables & Herbs

Average Last Spring Frost: May 14th
Average First Fall Frost: October 3rd

March 1 st	March 15 th	April 1 st	April 15 th
Indoor Sowing Celery Eggplant Onion Bulb	Indoor Sowing Endive Escarole Leek Onion Bunching Pepper	Indoor Sowing Chinese Kale Chives Parsley	Indoor Sowing Basil Broccoli Cabbage Head Chinese Collards Kale Kohlrabi Lettuce Okra Radicchio Tomatillo Tomato
Transplant Outdoor N/A	Transplant Outdoor N/A	Transplant Outdoor N/A	Transplant Outdoor N/A
Outdoor Sowing N/A	Outdoor Sowing N/A	Outdoor Sowing N/A	Outdoor Sowing Broccoli Broccoli Raab Fava Bean Kale Kohlrabi Mustard Onions Parsley Pea Radish Spinach

May 1 st	May 15 th	June 1 st	June 15 th
Indoor Sowing Cucumber Melon Pumpkin Squash Summer Winter Watermelon	Indoor Sowing N/A	Indoor Sowing N/A	Indoor Sowing — for fall crop: Cabbage, mid/late-season Cauliflower
Transplant Outdoor Broccoli Brussels Sprouts Cabbage Cauliflower Celery	Transplant Outdoor —with protection: Eggplant Pepper Tomatoes	Transplant Outdoor Eggplant Muskmelon Okra Pepper Pumpkins Squash Winter Tomatoes Watermelon	Transplant Outdoor — last day for: Muskmelon Okra Tomatoes, late-season Watermelon
Outdoor Sowing Beet Carrot Collards Leek Lettuce Swiss Chard Turnip	Outdoor Sowing Beans Cabbage Chinese Cauliflower Celery Dill Kale Potatoes Sweet Corn	Outdoor Sowing Basil Bean Lima Bush Pole Dry Cowpea Corn Cucumber Melon Okra Squash Summer Winter Watermelon	Outdoor Sowing Eggplant Oregano Pepper Pumpkin Tomatillo — last day for: Beans Lima Cowpeas, edible Herbs, most Popcorn Soybeans, edible

July 1 st	July 15 th	August 1 st	August 15 th
<p>Indoor Sowing —for fall crop: Broccoli Cabbage, early-season</p>	<p>Indoor Sowing N/A</p>	<p>Indoor Sowing N/A</p>	<p>Indoor Sowing N/A</p>
<p>Transplant Outdoor—last day for: Celery Eggplant</p>	<p>Transplant Outdoor—last day for: Cabbage, mid-season Cauliflower, late-season</p>	<p>Transplant Outdoor—last day for: Broccoli, late-season Cabbage, early-season</p>	<p>Transplant Outdoor—last day for: Broccoli, early-season Cauliflower, early-season</p>
<p>Outdoor Sowing Parsnips Rutabaga —last day for: Beans Pole Brussels Sprouts Cabbage, late-season Celeriac Leeks Peppers Rutabaga Sweet Corn, mid-season Tomatoes, early-season</p>	<p>Outdoor Sowing —last day for: Beans Snap Carrots Chinese Cabbage Cucumbers Lettuce Head Romaine Green Onions Parsley Parsnip Rutabagas Squash Summer Sweet Corn, early-season</p>	<p>Outdoor Sowing —last day for: Beets Collards Endive Kale Kohlrabi Lettuce Bibb Mustard Peas Radish Chinese Swiss Chard</p>	<p>Outdoor Sowing —last day for: Lettuce Leaf Spinach Turnip Radish—latest day mid September</p>