

LEGEND ●●●● Start Indoors — Direct-sow *** Transplant () Cover (**) Transplant & Cover

Vegetables	WINTER			SPRING			SUMMER			FALL		
	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Amaranth						—						
Artichoke		●●●●●			***							
Arugula				—	—	—	—	—	—			
Asparagus		●●●●●●●●●●●●●●●●				***						
Broad beans			—	—	—	—			—	—		
Soya beans						—						
Beans, bush & pole					—	—	—					
Beets					—	—	—					
Broccoli				●●●●●	—	—	—					
Broccoli, overwinter						—	—					
Brussels sprouts					●●●●		**					
Cabbage				●●●●●	—	—	—					
Cabbage, overwinter							—	—				
Carrots					—	—	—					
Cauliflower				●●●●●	**							
Cauliflower, overwinter						●●		**				
Celery/Celeriac				●●●●●●●●●●	—	—	**					
Corn						—	—					
Corn salad				—	—				—			
Cucumbers					●●		—					
Eggplant				●●●●●		(**)						
Endive/Radicchio					—	—	—					
Fennel				●●●●●	—	—						
Garlic									—	—		
Kale & Collards				—	—	—	—					
Kohlrabi					—	—						
Leeks			●●●●●●●●		**							
Lettuce				●●●●●	—	—	—	—	(**)			
Melons					●●	***						
Onions, sweet			●●●●●●●●		**							
Onions, storage			●●●●●●●●●●		**							
Onions, overwinter							—					
Onions scallions				—	—	—	—	—	—			
Pac choi & choi sum				()	—	—	—	—	—			
Parsley		●●●●●●●●			—	—						
Parsnips					—	—						
Peas				—	—	—	—					
Peppers			●●●●●●●●			(**)						
Quinoa						—						
Radish				()	—	—			—			
Rutabaga						—	—					
Spinach				()	—	—		—				
Squash				●●●●	—	—						
Swiss chard					—	—	—					
Tomatoes			●●●●●		(**)	—	—	—				
Turnips					—	—	—	—				

Frost Dates: Kamloops May 4 - Oct. 8 (156 days)
Vernon April 29 - Oct. 4 (155 days)

Kelowna May 1 - Oct. 5 (156 days)
Nelson May 4 - Oct 13 (159 days)