



<b>LEGEND</b>	•••• Start Indoors	—❄️ Direct-sow for fall and winter harvest	—☀️ Direct-sow for spring and summer Harvest	*** Transplant	⤵️ Cover	⤿ Harvest	— current year - - - - - next year
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Families	SPRING	SUMMER				FALL			WINTER			SPRING	
	JUN	JUL	AUG	SEP	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	

### Fall and Winter Harvest

Arugula				—❄️	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️			
Beets			—❄️	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️			
Broccoli		••••	***	***	***	***	***	***	***	***			
Brussels sprouts	•••		**	**	**	**	**	**	**	**			••
Cabbage	••	**	**	**	**	**	**	**	**	**			•••
Carrots		—❄️	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️			
Cauliflower			•••	*	*	*	*	*	*	*			
Chervil				—❄️	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️			
Chicory				—❄️	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️			
Cilantro	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️			
Corn salad			—❄️	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️			
Kale & Collards		••••	**	**	**	**	**	**	**	**			
Kohlrabi		—❄️	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️			
Leeks	—❄️										••••••••••	—❄️	—❄️
Lettuce			—❄️	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️			
Mescluns			—❄️	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️			
Mustards			—❄️	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️			
Pac Choi			—❄️	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️			
Parsley		••••	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️			
Parsnips	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️			—❄️
Peas		—❄️	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️			
Radish			—❄️	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️			
Rutabaga	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️			
Scallions		••••	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️			
Sorrel												—❄️	—❄️
Spinach			—❄️	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️			
Swiss chard	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️			—❄️
Turnips				—❄️	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️			

### Winter Harvest and next Spring/Summer Harvest

Broad Beans					—❄️	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️
Broccoli, sprouting	••••	—❄️	***	***	***	***	***	***	***	***	***	***	***
Cabbage, overwinter		••••	**	**	**	**	**	**	**	**	**	**	**
Cauliflower, overwinter		••••	**	**	**	**	**	**	**	**	**	**	**
Celeriac	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️
Garlic					—❄️	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️	—❄️
Onions, overwinter		••••	***	***	***	***	***	***	***	***	***	***	***

First average frost date: November 2nd. Last average frost date: March 28th (Lower Mainland BC)

**ANNUAL:** Plants that completes its whole life cycle in only one year, from germination to foliar growth to flowering and seed formation. Many vegetables are annuals, and will "bolt" or produce flowers and seeds in a short period, usually triggered by heat or length of daylight hours.

**BIENNIAL:** Plants that mature in the second year of growth. The first season is spent growing leaves, and storing energy for the second season's flowering and seed production. Examples include parsnips and beets.

**PERENNIAL**

Unlike annuals, which mature fully in one year, and biennials which take two years, perennials are plants that last for more than two years. Perennial plants overwinter by storing food either in their trunks or roots. Unlike annuals, they do not need to attempt to self-sow each summer. Some perennial plants may only last three years, or will benefit from being lifted and separated at that time by root division.