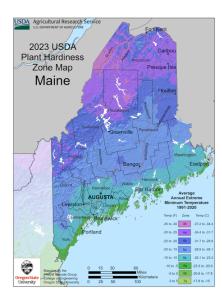


## Maine Foodscapes Planting Guide

For Zones 5a, 5b, and 6a



In Maine, the planting season can be broken down into four stages; early Spring, middle Spring, early Summer, and middle Summer to early Fall. Included in this Planting Guide are brief recommendations for seeding outdoors as well as for starting seedling starter plants indoors and transplanting starter plants outdoors. Some vegetables can be planted in succession - meaning that there can be multiple rounds of seed sowing in one growing season, yields maximized, and harvesting staggered. The main thing to keep in mind is that some vegetables are grown for their leaves (like cabbages, lettuces, basil, and other salad greens) while other vegetables are grown for their botanical fruits (like peppers, tomatoes, squash, and eggplants). Vegetables

with fewer days until harvest can be planted more than once each season. However, vegetables with longer days until harvest (like squash, tomatoes, peppers, and eggplants) can only be harvested once per growing season. Lastly, it is important to note that some vegetables are cold-tolerant (like spinach, radishes, broccoli, kale, and peas) while some cannot be grown in the heat of mid-summer (spinach and lettuces tend to bolt into flowering and their leaves decrease in desirable flavor). Happy Growing! Questions? Email gardenersupport@mainefoodscapes.org.



1. Early Spring (~*March 1 - April 15*) plants can be transplanted and seeds can be sown into the ground as soon as the ground can be worked.

Transplant Seedling Starter Plants	Direct Seed Outdoors
<ul><li>Broccoli</li><li>Cabbage</li></ul>	<ul> <li>Endive</li> <li>Lettuce</li> <li>Onion Sets</li> <li>Parsnips</li> <li>Peas</li> <li>Radishes</li> <li>Spinach</li> <li>Turnips</li> </ul>
Start Seeds Indoors	
Cabbage, Collards, Eggplant, Fennel, Cherries, Leeks*, Onions*, Parsley, Pep Tomatillos, and Tomatoes.	Celery*, Celeriac*, Chicories, Chinese Kale, Kohlrabi, Head Lettuce, Husk opers, Scallions*, Shallots*, Swiss Chard, we earliest, between February 20 - March 20.

2. **Middle Spring** (~*April 15 - June 1*) plants can go into the ground two weeks before the average last frost date (usually May 1st, but it varies year to year).

Transplant Seedling Starter Plants	Direct Seed Outdoors
• Cauliflower	<ul> <li>Beets</li> <li>Carrots</li> <li>Onion Sets</li> <li>Parsnips</li> <li>Peas</li> <li>Spinach</li> <li>Swiss Chard</li> <li>Beans*</li> <li>Corn*</li> </ul>



	• Early Potatoes*	
	*Seed in the ground approx. one week before the estimated last frost date.	
Start Seeds Indoors		
Broccoli, Cabbage, Cucumbers, Melons, Summer Squashes (includes Zucchini), Winter Squash (includes Pumpkins).		

3. Early Summer (~*June 1-July 1*) plants go into the ground when the soil is warm from the sun.

Transplant Seedling Starter Plants	Direct Seed Outdoors
<ul> <li>Basil</li> <li>Broccoli</li> <li>Cabbage</li> <li>Cauliflower</li> <li>Celery</li> <li>Celeriac</li> <li>Cucumber</li> <li>Eggplant</li> <li>Husk Cherries</li> <li>Melons</li> <li>Parsley</li> <li>Peppers</li> <li>Summer Squash</li> <li>Sweet Potato Slips</li> <li>Swiss Chard</li> <li>Tomatillos</li> <li>Tomato</li> <li>Winter Squash (includes Pumpkins!)</li> <li>Zucchini</li> </ul>	<ul> <li>Arugula</li> <li>Basil</li> <li>Beets</li> <li>Bush Dry Beans</li> <li>Bush Green Beans</li> <li>Cilantro</li> <li>Chinese Cabbage</li> <li>Corn</li> <li>Cucumber</li> <li>Dill</li> <li>Lima Beans</li> <li>Melons</li> <li>Okra</li> <li>Peas</li> <li>Pole Beans</li> <li>Salad Turnips</li> <li>Summer Squash</li> <li>Swiss Chard</li> <li>Winter Squash (includes Pumpkins!)</li> <li>Winter Potatoes</li> </ul>
	• Zucchini



4. Middle Summer to early Fall (~July 1-September 1) plants can be planted later in the season.

Transplant Seedling Starter Plants	Direct Seed Outdoors
	<ul> <li>Arugula</li> <li>Beets</li> <li>Broccoli</li> <li>Bush Green Beans</li> <li>Carrots</li> <li>Cauliflower</li> <li>Cilantro</li> <li>Chinese Cabbage</li> <li>Dill</li> <li>Garlic**</li> <li>Kale</li> <li>Lettuces</li> <li>Peas</li> <li>Radishes</li> <li>Rutabaga</li> <li>Spinach</li> <li>Turnip</li> <li>**Garlic will be ready for harvest the following July. Plant between mid-October and before the ground freezes.</li> </ul>

References

USDA Plant Hardiness Zone Map, Image source: <u>https://planthardiness.ars.usda.gov/</u> MOFGA Seed Planting Calendar, Gardening Resource





## Starting Seedlings Indoors

Keep in mind that it takes 1-3 weeks for seeds to germinate and begin showing themselves on the surface of the soil. Plan to transplant your starter seedlings into the ground after the last frost (approximately ~May 1). To ensure plants have matured enough for transplanting, be sure to start seeds indoors several weeks in advance. See the chart below for recommended timing for sowing seeds indoors before the last frost.

Sow Seeds Indoors Before Transplanting	
Broccoli	5-7 weeks
Brussels Sprouts	4-6 weeks
Cabbage	5-8 weeks
Cauliflower	5-8 weeks
Cucumbers	2-3 weeks
Eggplant	6-8 weeks
Leeks	10-12 weeks
Head Lettuce	3-5 weeks
Husk Cherries	6-8 weeks
Onions	8-10 weeks
Peppers	8-10 weeks
Tomatillos	6-8 weeks
Tomatoes	6-8 weeks

