

A FREE GUIDE FROM ECOHARVEST HOME

The Seasonal Planting Calendar

What to plant every month for a thriving, self-sufficient garden
— plus a companion-planting cheat sheet —

How to use this calendar

This calendar is built for temperate gardens (roughly USDA zones 5–8) with a last spring frost around mid-April and a first fall frost around mid-October. It's a rhythm to follow, not a rigid rulebook — the secret to great timing is knowing your frost dates.

The one thing that matters most: Look up your area's average last spring frost and first fall frost (a quick search of your zip code or postcode will tell you). Then shift every date in this guide earlier or later to match. Warmer climate? Everything moves earlier. Colder? Later.

Cool-season vs. warm-season crops

COOL-SEASON (frost-tolerant)	WARM-SEASON (frost-tender)
Lettuce, spinach, kale, chard, peas, broccoli, cabbage, carrots, beets, radish, onions, garlic. Plant early spring & again in fall.	Tomatoes, peppers, eggplant, beans, corn, squash, cucumbers, melons, basil. Plant only after your last frost.

Your month-by-month planting guide

Start indoors · sow or plant outside · and what you'll be harvesting.

JANUARY

START INDOORS	SOW / PLANT OUT	HARVEST
Onions & leeks (late month, under lights).	Nothing outdoors yet — plan beds & order seeds.	Stored squash, kale, leeks; foraged greens.

FEBRUARY

START INDOORS	SOW / PLANT OUT	HARVEST
Onions, leeks, celery, early cabbage & broccoli.	Chit seed potatoes; prep & mulch beds.	Overwintered kale, leeks, Brussels sprouts.

MARCH

START INDOORS	SOW / PLANT OUT	HARVEST
Tomatoes, peppers, eggplant, lettuce, brassicas.	Peas, spinach, radish under cover; plant onion sets.	Early spinach, chard, the last stored roots.

APRIL

START INDOORS	SOW / PLANT OUT	HARVEST
Cucumbers, squash, melons (warm sill).	Carrots, beets, lettuce, peas, radish direct; harden off seedlings.	Asparagus, rhubarb, spring lettuce & radish.

MAY

START INDOORS	SOW / PLANT OUT	HARVEST
Last warm-season starts; succession lettuce.	After last frost: transplant tomatoes & peppers; sow beans, corn, squash.	Lettuce, spinach, peas, strawberries, herbs.

JUNE

START INDOORS	SOW / PLANT OUT	HARVEST
Fall brassicas (late month).	Succession beans, carrots, lettuce; pinch herbs.	Peas, strawberries, early zucchini, salad greens.

JULY

START INDOORS	SOW / PLANT OUT	HARVEST
Broccoli, cabbage, kale for fall.	Sow fall carrots, beets, bush beans; water deeply.	Zucchini, cucumbers, beans, tomatoes, basil.

AUGUST

START INDOORS	SOW / PLANT OUT	HARVEST
—	Sow spinach, lettuce, radish, kale for autumn.	Tomatoes, peppers, beans, cucumbers, herbs — peak harvest!

SEPTEMBER

START INDOORS	SOW / PLANT OUT	HARVEST
—	Plant garlic (late); sow cover crops & winter greens.	Tomatoes, squash, peppers, apples; dry & preserve.

OCTOBER

START INDOORS	SOW / PLANT OUT	HARVEST
—	Plant garlic; mulch beds; clean up spent plants.	Pumpkins, winter squash, root crops, kale.

NOVEMBER

START INDOORS	SOW / PLANT OUT	HARVEST
—	Finish planting garlic; heavy-mulch beds for winter.	Frost-sweetened kale, Brussels sprouts, leeks, stored roots.

DECEMBER

START INDOORS	SOW / PLANT OUT	HARVEST
—	Rest. Review the season; sharpen & oil tools.	Stored crops; browse seed catalogs for next year.

Bonus: companion planting cheat sheet

Grow these together to boost growth and deter pests — and keep the bad neighbors apart.

CROP	GROW WITH	KEEP APART
Tomatoes	Basil, marigold, carrots, onions	Brassicas, fennel, potatoes
Carrots	Onions, leeks, rosemary, lettuce	Dill
Cucumbers	Beans, peas, radish, nasturtium	Sage & other strong herbs
Beans	Corn, squash (the "Three Sisters"), carrots	Onions, garlic
Lettuce	Carrots, radish, cucumber, strawberries	—
Brassicas	Onions, dill, mint, beets	Tomatoes, strawberries
Onions / Garlic	Carrots, tomatoes, lettuce, beets	Beans, peas
Squash	Corn, beans, nasturtium	Potatoes

Happy growing!

For step-by-step guides on growing, preserving, and living self-sufficiently, visit us at ecoharvesthome.com — new articles every week.