



CULTIVATING NUTRITION & LEARNING
THROUGH IDAHO SCHOOL GARDENS



SEASONAL PLANTING GUIDE

Crop	Plant Seeds Indoors (weeks before or after last frost)	Plant seeds or Transplants Outdoors (weeks before or after last frost)	Planting Depth (Inches)	Spading of Plants (Inches)	Days to Germination	Days to Harvest	Good Source of
Beans	3-4 weeks before	1-2 weeks after	1	6-8	4-10	60-80	Vit. C, fiber
Beets	*	2-4 weeks before	1/2	2-4	7-10	50-75	Greens high in Vit. A, C, iron, calcium
Broccoli	5-8 weeks before	5-8 weeks before	1/4	15-18	5-10	60-75	Vit. A, C, folate, calcium, magnesium, fiber
Cabbage	4-6 weeks before	5 weeks before	1/4	18	4-10	60+	Vit. C, fiber
Carrots	*	2-4 weeks before	1/4	2	10-17	60-80	Vit. A, fiber
Cauliflower	5-8 weeks before	1-2 weeks before	1/4	15-18	5-10	60-72	Vit. C, folate, potassium
Celery	8-10 weeks before	2-3 weeks before	1/4	6	7-12	75-100	Fiber
Corn	3-4 weeks before	1-2 weeks after	1	12-15	3-10	50-95	Thiamine, folate, potassium
Cucumbers	2-3 weeks before	1-2 weeks after	1	12-24	3-8	60-80	-
Garlic	*	6-weeks before	1/2	4-6	10-15	90-120	Vit. A, C, folate
Lettuce	3-4 weeks before	2-4 weeks before through 3 weeks after	1/4	10-12	4-10	45-60	Vit. A, K, calcium
Onions	*	3 weeks before through 2 weeks after	1/4	4	4-12	60-85	Vit. C
Peas	4-6 weeks before	4-6 weeks before through 2-3 weeks after	1	4	6-15	55-75	Protein, Vit. B1
Peppers	6-8 weeks before	1-3 weeks after	1/2	10-12	8-20	70+	Vit. C
Potatoes	*	4-6 weeks before	6	10-12	10-15	70+	Vit. C, B6, niacin, copper, potassium, fiber
Pumpkins	*	After last chance of frost	1	36	7-10	90+	-
Radishes	*	4-6 weeks before	1/4	1	3-10	25-40	-
Spinach	3-4 weeks before	3-6 week before	1/4	4-8	6-14	40-60	Vit. A, C, K, iron
Squash, Summer	*	1-4 weeks after	1	15-24	3-12	60-85	Vit. A, C, fiber
Squash, Winter	*	2 weeks after	1/2-1	24-36	4-10	80+	Vit. A, C, potassium, fiber

*Not recommended

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Tomatoes	6-8 weeks before	2-4 weeks after	1/4-1/2	18-24	6-14	65-85	Vit. A, C, potassium, fiber
Cantaloupe	2 weeks before	2 weeks after	1	24-36	7-14	60-90	Vit. A, C, thiamine, potassium,
Strawberries (Alpine)	3-5 weeks before	*	1/8	6-8	20	85+	Vit. C, fiber
Watermelon	2 weeks before	2 weeks after	1/2-3/4	24-36	5-10	70-90	Vit. A, B6, C, thiamine

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Crop	Plant Seeds Outdoors (weeks before first frost)	Planting Depth (inches)	Spacing of Plants (inches)	Days to Germination	Days to Harvest*	Good Source of
Beets	8-10 weeks before	1/2	2-4	7-10	50-75+	Greens high in Vit. A, C, iron, calcium
Broccoli	14-17 weeks before	1/4	15-18	5-10	60+	Vit. A, C, folate, calcium, magnesium, fiber
Cabbage	13-14 weeks before	1/4	18	4-10	60+	Vit. C, fiber
Carrots	13 weeks before	1/4	2	10-17	60+	Vit. A, fiber
Cauliflower	14 weeks before	1/4	15-18	5-10	60+	Vit. C, folate, potassium
Garlic	Sept-Nov with mulch	depth of clove	4-6		160-200	Vit. A, C, folate
Lettuce	6-8 weeks before	1/4	10-12	4-10	45-65	Vit. A, K, calcium
Onions	Depends on variety	1/4	4	4-12	60-120	Vit. C
Peas	12 weeks before	1	4	6-15	55+	Protein, Vit. B1
Radishes	7 weeks before	1/4	1	3-10	25+	-
Spinach	6-8 weeks before	1/4	4-8	6-14	40-75	Vit. A, C, K, iron
Strawberries (Alpine)	5-8 weeks before	1/8	4	20	Next spring	Vit. C, fiber

*Maturity rates of overwintering vegetables vary depending on temperature and available sunlight.
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