

# Vegetable Gardening at MUN Botanical Garden

## Best Dates to Sow Seeds & Plant Out Transplants

Some gardens are within a micro-climate and therefore warm up more quickly than others allowing for earlier planting. To plant out earlier, many gardeners use greenhouses, cold frames, poly tunnels and floating row covers. Last frost date for eastern Newfoundland is June 15th.

*\* Important note! Always check the long-range forecast before transplanting.  
All transplants must be hardened off before planting outside.*

### May 15th to June 1st

Beet | Direct-sow (late May)  
Broccoli | direct-sow  
Cabbage | direct-sow  
Cauliflower | direct-sow  
Kale | direct-sow  
Leaf lettuce | direct-sow  
Leek | direct-sow (mid-May)  
Leek | transplants (late May)  
Onion | sets  
Onion | transplants (late May)  
Parsnip | direct-sow  
Peas | direct-sow  
Potato | direct-sow seed potatoes  
Radish | direct-sow  
Spinach | direct-sow  
Swiss Chard | direct-sow  
Turnip | direct-sow

### June 1st to June 15th

Broccoli | transplants  
Cabbage | transplants  
Carrot | direct-sow (after June 7th)  
Cauliflower | transplants  
Fennel | direct-sow  
Kale | transplants  
Lettuce | transplants  
Pumpkin | direct-sow (after June 7th)  
Squash | direct-sow (after June 7th)  
Swiss Chard | transplants

### After June 15th

Beans | direct-sow  
Fennel | transplants  
Peppers | transplants  
Pumpkin | transplants  
Squash | transplants  
Tomato | transplants

