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