

	Vegetable Planting Calendar			
		Ames, Iowa		
	Spring Last Frost Date:		Fall First Frost Date:	
	4/26		10/6	
	Spring		Fall	
	Start Seeds Indoors	Direct Sow/ Transplant	Start Seeds Indoors	Direct Sow/ Transplant
Artichoke	3/1	4/26		
Beans	Direct Sow	4/26	Direct Sow	7/28
Beets	3/1	4/12	Direct Sow	7/28
Broccoli	3/1	4/12	6/18	7/18
Brussel Sprouts	3/1	4/12	5/9	6/8
Cabbage	2/15	3/29	6/10	7/8
Carrots	Direct Sow	4/5	Direct Sow	7/12
Cauliflower	3/1	4/12	6/18	7/18
Celery	2/8	5/3	5/19	6/16
Chard	3/1	4/12	Direct Sow	8/2
Collards	2/22	3/29	6/11	7/11
Corn	Direct Sow	5/3		
Cucumbers	Direct Sow	4/26		
Eggplant	3/15	5/10		
Gourds	Direct Sow	5/10		
Kale	2/15	3/29	Direct Sow	7/13
Kohlrabi	2/15	3/29	Direct Sow	8/7
Leek	2/1	4/12	5/14	6/18
Lettuce	2/3	3/29	6/28	7/28
Melons	Direct Sow	5/10		
Okra	3/15	5/10		
Onions	1/18	3/29	6/18	7/28
Peas	Direct Sow	3/1	Direct Sow	6/28
Peppers	3/1	5/3		
Pumpkins	Direct Sow	5/10		
Radish	Direct Sow	3/22	Direct Sow	8/27
Spinach	2/8	3/15	7/18	8/10
Squash	4/12	5/10		
Tomatoes	3/8	5/3		
Turnips	Direct Sow	3/22	Direct Sow	8/7
Watermelons	4/12	5/10		
Planting dates are based on past weather data. There is a 10% chance that you will have a frost outside of the range above. Watch local weather for more accurate frost dates. These are the recommended vegetable planting dates. If you have any questions about the calendar dates please give us a call. Urban Farmer offers a large selection of vegetable seeds to gardeners and farmers throughout the United States.				
		Urban Farmer Seeds		
		www.ufseeds.com		
		317-600-2807		