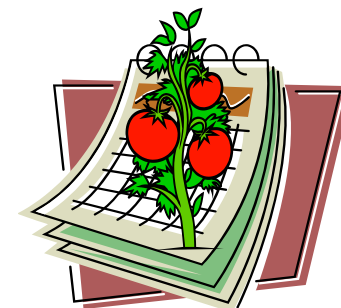
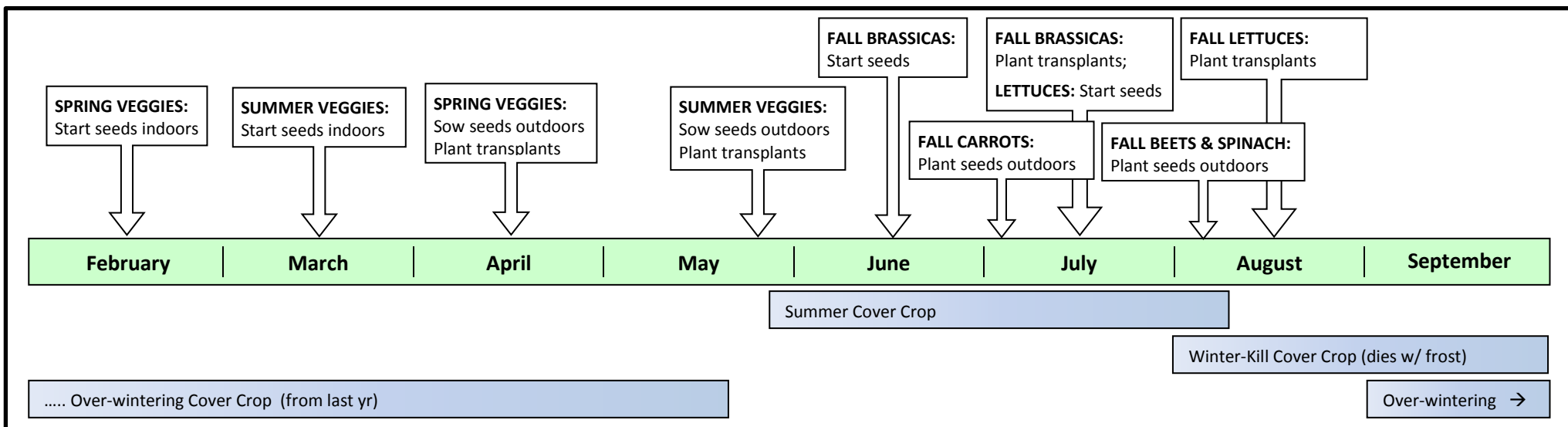


# A Tompkins County Garden Calendar: Veggies and Cover Crops for All Seasons



Have you ever had early-planted tomatoes get zapped by a late frost? Or summer-planted broccoli flower and turn bitter? If so, you know that planting crops at the right time is important to ensure healthy plants and a good harvest! This timeline shows rough planting dates for **Spring, Summer, and Fall vegetables** and seasonal niches for **Summer, Winter-Kill, and Over-Wintering cover crops**. See the back of this handout for lists of vegetables and cover crops in each category.



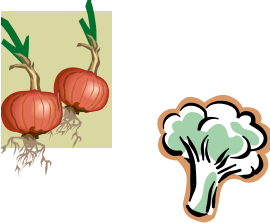
## Rotation Planning

- Each year, try to **plant 1-2 vegetables AND a cover crop in each section of your garden**. Below are example rotation plans.
- Be sure to **rotate to vegetables in a different plant family each year**, to avoid building up soil-borne diseases and pests, and to replenish nutrients after periods when heavy-feeding crops are grown. See the back of this handout for lists of crops grouped by plant family.


Year 1	Year 2	Year 3	Year 4
<b>Spring Veggie:</b> <i>Ex: peas</i>	(over-wintering cover crop from last year – cut down in late May)	<b>Spring Veggie:</b> <i>Ex: spinach or beets</i>	<b>Spring Veggie:</b> <i>Ex: lettuces, salad greens</i>
<b>Summer Veggie:</b> <i>Ex: tomato/ pepper/ eggplant</i>	<b>Summer Veggie:</b> <i>Ex: cucumber or zucchini</i>	<b>(short) Summer veggie:</b> <i>Ex: string beans</i>	<b>Summer Cover Crop:</b> <i>Ex: buckwheat &amp; crimson clover</i>
<b>Over-wintering Cover Crop:</b> <i>Ex: rye &amp; hairy vetch (underseed)</i>	<b>Fall Veggie:</b> <i>Ex: kale</i>	<b>Winter-kill Cover Crop:</b> <i>Ex: oats &amp; field peas</i>	<b>Fall Veggie:</b> <i>Ex: broccoli or cauliflower</i>

## Vegetable Planting by Season & Family

**SPRING VEGGIES:** Start seeds indoors (transplants) in **Feb.** Sow seeds outdoors & plant transplants in **April.**

<p style="text-align: center;"><b>Transplants:</b></p> <ul style="list-style-type: none"> <li>• <b>Alliums:</b> Onions, Scallions (sets)</li> <li>• <b>Brassicas:</b> Bok choy, Broccoli, Cabbage, Cauliflower, Collards, Kale</li> <li>• <b>Chenopods:</b> Chard</li> </ul>		<p style="text-align: center;"><b>Direct seeding:</b></p> <ul style="list-style-type: none"> <li>• <b>Alliums:</b> Leeks</li> <li>• <b>Aster family:</b> Lettuce</li> <li>• <b>Brassicas:</b> Kohlrabi, Radish, Turnip</li> <li>• <b>Chenopods:</b> Spinach, Beets</li> <li>• <b>Legumes:</b> Peas</li> </ul>
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**SUMMER VEGGIES:** Start seeds indoors in **March.** Sow seeds outdoors & plant transplants in **May-early June.**

<p style="text-align: center;"><b>Transplants:</b></p> <ul style="list-style-type: none"> <li>• <b>Basellaceae Family:</b> Malabar spinach</li> <li>• <b>Cucurbits:</b> Cucumber, Melon, Pumpkin, Summer &amp; Winter Squash</li> <li>• <b>Mallow Family:</b> Okra</li> <li>• <b>Solanaceae (Nightshade) Family:</b> Tomato, Pepper, Eggplant</li> </ul>		<p style="text-align: center;"><b>Direct seeding:</b></p> <ul style="list-style-type: none"> <li>• <b>Apiaceae Family:</b> Carrots</li> <li>• <b>Legumes:</b> Beans</li> </ul>
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**FALL VEGGIES:** For **Brassicas**, start seeds in **mid-June** and transplant in **mid-July.** For **lettuces**, start seeds in **mid-July** and transplant in **mid-August.** Seed carrots around **July 1;** beets and spinach around **August 1.**

<p style="text-align: center;"><b>Transplants:</b></p> <ul style="list-style-type: none"> <li>• <b>Brassicas:</b> Bok choy, Broccoli, Cabbage, Cauliflower, Collards, Kale</li> <li>• <b>Chenopods:</b> Chard</li> <li>• <b>(Cucurbits:</b> Planted in summer, Pumpkin &amp; Winter Squash will grow through the fall)</li> </ul>		<p style="text-align: center;"><b>Direct seeding:</b></p> <ul style="list-style-type: none"> <li>• <b>Apiaceae Family:</b> Carrots</li> <li>• <b>Aster family:</b> Lettuce</li> <li>• <b>Brassicas:</b> Kohlrabi, Radish, Turnip</li> <li>• <b>Chenopods:</b> Spinach, Beets</li> <li>• <b>Legumes:</b> Peas</li> </ul>
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## Cover Crop Seasonal Niches

**WINTER-KILL COVER CROPS:** Seed in **early- late Aug;** killed by the cold. Plant Spring crops into the mulch.

<ul style="list-style-type: none"> <li>• <b>Legumes:</b> Field Peas</li> <li>• <b>Non-legumes:</b> Oats (mix with Field Peas), Mustards, Tillage Radish</li> </ul>
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**OVER-WINTERING COVER CROPS:** Interseed in **early- to mid-September** beneath & between summer vegetables. Cut down at flowering in **mid- to late May** before planting summer vegetables.

<ul style="list-style-type: none"> <li>• <b>Legumes:</b> Hairy Vetch (seed in early October); Crimson Clover (seeded in September) <i>may</i> survive the winter</li> <li>• <b>Non-legume:</b> Rye (mix with Hairy Vetch)</li> </ul>
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**SUMMER COVER CROPS:** Seed after early spring crops in **June-July** and cut down in **August** before fall crops. In buckwheat/clover mixtures, trim the buckwheat at flowering to increase space & light for clover growth.

<ul style="list-style-type: none"> <li>• <b>Legumes:</b> Crimson Clover, Cowpea</li> <li>• <b>Non-legumes:</b> Buckwheat (mix with Crimson Clover), Japanese Millet (mix with Cowpea), Sorghum-sudangrass</li> </ul>
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