

# VEGETABLE PLANTING GUIDE 2025



Vegetable	Seeding Dates in Maine				thin to / space transplants	row spacing	minimum soil temp	ideal germ temp	frost tolerance
	Direct Seed: (* = succession plant every 2-3 weeks spring-fall)	Indoors							
		Start Dates	Weeks till transplant	Transplant Dates					
Artichoke	–	late Feb.	10-12	after frost	3'	4'	60°	70-80°	moderate
Arugula	ASAP - Aug.*	–	–	–	4-6"	12-18"	40°	40-55°	moderate
Asian Greens	ASAP - Aug.*	April	3-4	May	varies	varies	50°	65-85°	moderate
Basil	after frost	May	4-6	after frost	4"	18"	65°	70-85°	–
Bean, Bush	after frost - July*	–	–	–	3-4"	2-3'	60°	70-80°	–
Bean, Pole	after frost	–	–	–	3-4"	6'	60°	70-80°	–
Bean, Fava	ASAP	–	–	–	3-4"	2-3'	40°	40-75°	hardy
Bean, Soy	after frost	–	–	–	3-4"	3'	60°	65-80°	–
Beet	ASAP / Aug 1.*	–	–	–	2-4"	12-18"	40°	55-75°	hardy
Broccoli	May	April - June	3-4	May - July	18-24"	18-36"	40°	65-85°	moderate
Brussels Sprouts	–	April	4-6	May	24-30"	30-36"	40°	65-85°	hardy
Cabbage	May	April - May	4-6	May-June	24-30"	24-30"	40°	45-85°	moderate
Cannabis	–	April 1	8-10	after frost	8-10'	8-10'	60°	70-80°	–
Carrot	ASAP - July 1*	–	–	–	2"	16-24"	40°	75-85°	hardy
Cauliflower	–	April	4-6	May	24-30"	24-30"	40°	55-80°	moderate
Celery/Celeriac	–	March 1	10-12	May	8"	2-3'	40°	70-75° *	–
Chard	ASAP	April	4-6	May	12-16"	18-24"	40°	50-85°	hardy
Chicory	ASAP - June	April / June	3-4	May / July	1'	2'	50°	60-85°	hardy
Chinese Cabbage	May	April	3-4	May	12-18"	24-30"	50°	70-80°	moderate
Corn	after frost	–	–	–	1'	3'	55°	60-85°	–
Cucumber	after frost*	May	3-4	after frost	1'	4-6'	65°	65-90°	–
Eggplant	–	April	6-8	after frost	18-24"	30-36"	60°	75-90° *	–
Endive	ASAP - July 1*	April	3-4	May	1"	2'	35°	60-85°	hardy
Fennel	ASAP - May	April	3-4	May-June	8-12"	2'	40°	60-70°	hardy
Gourd, large	–	May	2-3	after frost	2-3/hill	6'	60°	70-90°	–
Gourd, small	late May	May	2-3	after frost	2-3/hill	4-6'	60°	70-90°	–
Kale/Collards	ASAP - July*	April - June	4-6	May - July	12"	2'	40°	45-85°	very hardy
Kohlrabi	–	April	4-6	May	18-24"	24"	40°	45-85°	moderate
Leek	ASAP	March 1	6-8	May	6-12"	2'	45°	60-70°	moderate
Lettuce	ASAP - Aug.*	March - July	3-4	May - Aug.	1'	12-18"	35°	40-70°	hardy
Mâche	ASAP	–	–	–	2"	18"	48°	50-68°	very hardy
Melon/Watermelon	–	May	2-3	after frost	2-3'	6-8'	60°	75-95°	–
Mustard	ASAP - Aug.*	–	–	–	4-6"	2'	40°	65-85°	moderate
Okra	–	late April	4-5	after frost	2'	2-3'	60°	70-90°	–
Onion/shallot	–	March 1	6-8	May	6-8"	1-2'	40°	60-70°	moderate
Pac Choi	May / Aug.*	April	3-4	May	6-12"	2'	50°	70-80°	moderate
Parsley	ASAP	March	6-8	May	8-12"	12-18"	40°	50-80°	very hardy
Parsnip	April - May	–	–	–	2-3"	18-24"	46°	55-77°	very hardy
Pea	ASAP / July	–	–	–	2"	3-5'	40°	50-75°	hardy
Pepper	–	late March	8-10	after frost	12-18"	2-3'	60°	68-95°	–
Pumpkin	late May	May	2-3	after frost	2-3/hill	6'	60°	70-90°	–
Radicchio	May-June	April - May	3-4	May - June	8-12"	18"	50°	60-85°	hardy
Radish	ASAP - Aug.*	–	–	–	2-3"	18"	40°	55-85°	hardy
Spinach	ASAP - Aug.*	–	–	–	2-3"	12-18"	35°	45-65°	very hardy
Squash, summer	late May	May	2-3	after frost	2-3/hill	4'	60°	70-90°	–
Squash, winter	late May	May	2-3	after frost	2-3/hill	4-6'	60°	70-90°	–
Tomatillo/Husk Ch.	–	May 1	4-6	after frost	2-3'	3'	60°	75-85°	–
Tomato	–	mid-April	6-8	after frost	2-3"	3-5'	60°	75-90°	–
Turnip/Rutabaga	ASAP - July*	–	–	–	3-6"	1-2'	40°	60-85°	hardy
Zucchini	late May	May	2-3	after frost	2-3/hill	4'	60°	70-90°	–

### A Note About Germination Temperatures

Minimum soil temperature is the lowest temp in which a seed will germinate. Expect slow spotty germination if you plant below or above the ideal range. For a good stand and quickest emergence, plant as close to the middle of the ideal range as possible.

\* Celery and eggplant require fluctuating temps to germinate.

[fedcoseeds.com](http://fedcoseeds.com)

