

SOIL temperature range to plant
(use instant or meat thermometer)

Virginia Cooperative Extension Arlington Office
3308 S. Stafford St. Arlington VA 22206

USDA Hardiness Zone 7b
Avg last killing frost: 4/1-4/10
Avg first killing frost: 11/1-11/10

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Month	March				April			May			June			July			August			September			October			
	1	11	21	31	10	20	30	10	20	30	9	19	29	9	19	29	8	18	28	7	17	27	7	17	27	
Crop																										
40°-----85° Collards	P								H								P								H	→
50°-----75° Onion, set	P				P&H					H																→
55°-----75° Peas, garden	P						H																			
50°-----75° Radish	P		P&H				H										P		P&H							→
40°-----75° Spinach	P					H														P					H	→
60°-----90° Turnips	P					H											P				P&H			H		→
45°-55° Potatoes		P									H															
50°-----85° Beets			P						H									P							H	→
45°-----95° Cabbage*			P						H								P						H			→
45°-----85° Carrots			P						H				P&H				P			H						→
40°-----80° Lettuce, bibb			P							H							P						H			→
40°-----80° Lettuce, leaf			P						H								P					H				→
50°-----80° Broccoli*				P							H						P&H	P						H		→
60°-70° Brussels sprouts*				P								H					P							H		→
45°-----85° Cauliflower*				P					H								P					H				→
60°-----85° Beans, bush						P					P&H						H									
70°-----85° Beans, pole						P								P&H			H									
60°-----95° Corn, sweet						P								P&H				H								
60°-----95° Cucumbers							P						P&H								H					
75°---85° Eggplant*							P								H											
75°-----95° Muskmelons							P									H										
75°-----95° Cantaloupe							P								H											
65°-----95° Peppers*							P								P&H	H										
70°-----90° Pumpkins							P									H										
75°-----95° Squash, summer							P					P&H									H					
70°-----95° Squash, winter							P										H									
70°-----95° Sweet Potato							P										H									
70°-----95° Tomatoes*							P							P&H		H										
70°-----95° Watermelon							P									H										
Key																										
Plant																										
Plant & Harvest																										
Harvest																										
* Transplants - See notes on reverse							Start																			

Annual Vegetable Gardening Calendar Arlington County

Activity	Month ->	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Order seed catalogues / decide what to grow													
Map the garden: crops, companions, succession, rotation													
Build a planning calendar (See Reverse)													
Check viability and test germination of seeds on hand													
Order / buy seeds													
Till or pull cover crops 2 weeks before planting next crop					x	x	x						
Start hardy vegetables indoors													
Transplant into the garden													
Start tender summer annuals indoors													
Plant (direct sow or transplant) tender summer annuals													
Plant summer catch crop (e.g. buckwheat) as needed						←	→						
Plant (direct sow or transplant) fall vegetables													
Plant winter cover crops (e.g., rye, wheat, hairy vetch, fava beans, Austrian winter peas)													
Extend seasons: floating row covers, cold frames, cloches													
Save seeds from open-pollinated annuals at harvest													
Plant garlic for harvest the following June													
Harvest all tender annuals before first frost													
Compost, incorporate, till or remove residue													
Remove and discard any diseased material													
Mulch (8") overwintering vegetables (e.g., carrot, parsnip)													
All beds should be planted, composted or mulched													
Cleanup, maintain and store garden tools and equipment													
Rest, write your wish list for garden gifts													

Notes on starting plants indoors

See individual instructions with seeds

Cabbage, Cauliflower, Brussels Sprouts, Broccoli

Start in flats 4 to 6 weeks before planting out

Tomato, Eggplant, Pepper

Start in flats 6 to 8 weeks before planting out and transplant into deeper flats (6 in) or pots midway

Many other plants can be started in flats to save space in the garden, such as corn, wheat, melon, herbs, etc.

Recommended Sustainable Gardening Practices

- Periodically test and amend the soil with minerals, nutrients
- Build & maintain soil organic matter with compost and cover crops.
 200 lbs/100sq ft for development -- 50 -100 lbs/sq ft to maintain
- Use French intensive method – deeply dig with hand tools (24 in)
- Rotate crops; companion plant; interplant; “right plant, right place”
- Irrigate as needed to maintain moisture
- Keep the garden covered: succession, mulches, cover crops
- Till and aerate properly; use permanent paths; avoid compression