

Shenandoah Valley Planting Timetable



Asparagus

Seeds: **March 15–April 21**
Crowns: **April 28–May 30**

Beans

Green, Bush or Pole: Seed **May 1–July 30**
(for steady harvest, plant every 3 weeks)
Lima or Dry, Bush or Pole: Seed **June 1–July 15**

Beets

Seed **March 15–May 21 & July 21–August 21**

Broccoli and Cauliflower

Transplant to Garden:
March 29–May 21 & August 1–September 7

Cabbage

Transplant to Garden:
March 29–April 13 & July 7–August 21

Carrots

Seed: **April 7–May 21 & July 21–August 21**

Corn, Sweet

Seed when soil temperature is 50°–55° F and when
Maple leaves are ½” long. Usually around **May 10–
July 21**

Cucumbers

Seed: **May 15–June 11**

Eggplant

Transplant: **after May 15**

Lettuce

Leaf: seed **March 25–April 21**
Head: transplant **April 1–May 1**

Melons (Cantaloupe & Watermelon)

Seed or Transplant: **May 10–June 15**

Okra

Seed or Transplant: **May 15–June 15**

Onions

Seed or Transplant Sets: **March 10–May 26**

Peas

English or Green: Seed **March 7–May 7 &
July 7–August 15**
Southern/Cowpea/Black Eye: seed **May 1–June
1**

Peppers

Transplant: **May 15–June 11**

Potatoes

Plant Seed Potatoes: **March 17–May 21**

Pumpkins & Squash

Seed: **May 15–June 15** (after any danger of frost)

Spinach & Other Greens

Seed or Transplant:
March 15–May 21 & July 21–August 21

Sweet Potatoes

Transplant: **May 15–July 1**

Tomatoes

Transplant: **May 10–June 15**

NOTE: These are average “safe” dates in this area.
Adjust earlier or later with proper precautions.

Reference: Jeff Ishee and The Daily News Leader; Southern Exposure Seed catalogue.

ORGANIC GARDENERS

Time Your Planting to Avoid Pests

Cabbage

Cabbage Looper

Start seed indoors February 19
Transplant April 2 – April 9

Cabbage Maggot

By delaying planting until after yellow rocket (wild mustard) has bloomed, you can avoid these maggots.

Corn Sweet

Corn Earworm

Plant early maturing varieties as early as possible to avoid sharing your corn. Consider starting your corn indoors in peat pots and then transplanting, pots and all. Corn won't germinate in cool soil, but can tolerate some cool weather while growing.

European Corn Borer

NOTE: If corn usually suffers from both the earworm and the corn borer, choose the timing that will beat your most troublesome pest.

Direct seed May 28

Peppers

Pepper Weevil

Start seed indoors April 9
Transplant May 28 – June 4

NOTE: At the end of the season, get your peppers out of the garden as fast as possible. Allowing the plants to linger will invite future weevil problems

Potatoes

Colorado Potato Beetle (CPB)

Direct seed potatoes May 28 – June 4

NOTE: By delaying planting seed potatoes until May 28th to June 4th, you could discourage this defoliating beetle! Adult CPBs emerge from soil in early spring. Plant fast-maturing varieties like *Yukon Gold*, *Caribe*, *Superior*, *Bison*, *Dark Red Norland*, *Katabdin*, or *Northgold Russet* so the tubers will be a good size when the second generation of beetles emerges in midsummer. Some leaf chewing by beetles (who only eat the above-ground growth) at that point won't hurt your harvest.

To Avoid Knot Nematodes in Broccoli, Cauliflower, Lettuce & Other Greens

Broccoli & Cauliflower

Start seed indoors February 19
Transplant April 9 – April 16

Lettuce & Other Greens

Start seed indoors March 19
Transplant April 16

NOTE: These tiny, eel-like creatures feed on the roots of almost all veggies and are especially problematic in the warm, sandy soil of southern and coastal regions. Affected plants look weak and sickly. Their roots are covered with galls (knobby, abnormal growths.) To avoid this pest in the fall, delay lettuce, spinach and other cool-season plantings until the soil temperature drops below 64° F. Choose nematode-resistant varieties when possible.

To Avoid Flea Beetles

These jumpy little black beetles chew small, round holes in the leaves of many vegetables (such as *brassicas*, *eggplant*, *potatoes*, and *tomatoes*) and sometimes kill seedlings. If you've had flea beetles before, delay planting susceptible crops 1 or 2 weeks beyond normal planting times. Flea beetles overwinter as adults, then appear in the garden very early in the season. If food isn't there when they emerge, they won't lay eggs in the garden, which means fewer beetles later. Using transplants rather than direct-seeding can also help, as transplants can withstand flea beetle damage much better than young sprouts. Proper timing of planting and using inter-planting can help mix up the beetles. Sally Cunningham, author of *Great Garden Companions*, planted eggplants by themselves in one area of the garden, and inter-planted them with marigolds and basil in another part of the garden. The outcome – the solo eggplants were full of holes, but the others were camouflaged enough that they made it through the season undiscovered!