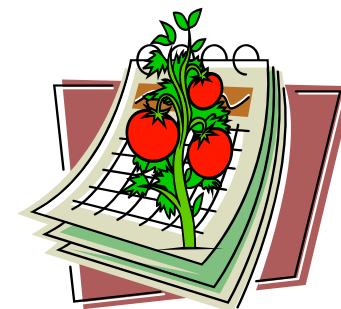
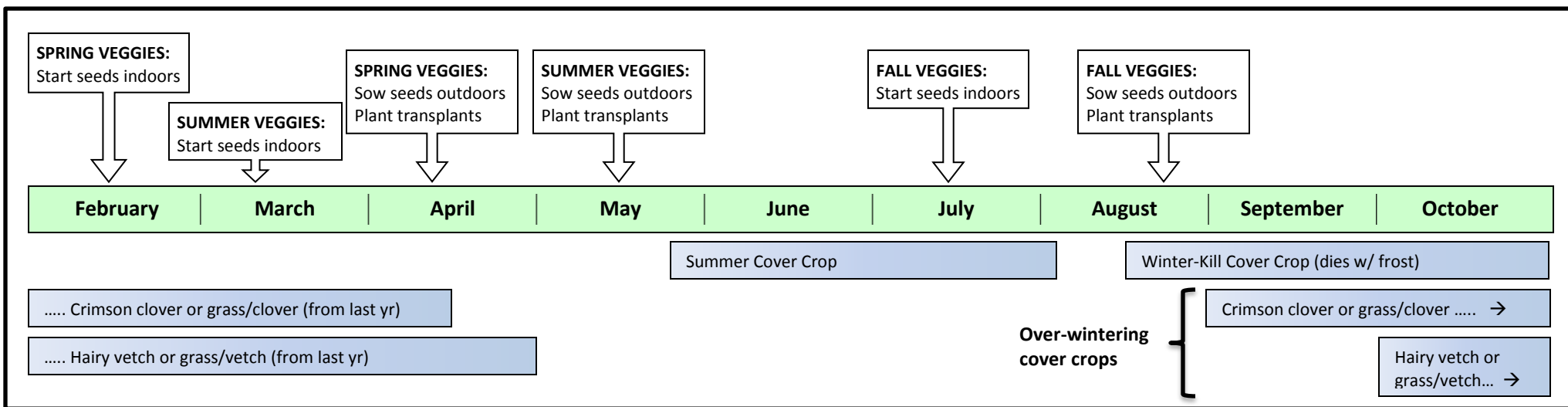


A New York City Garden Calendar: Veggies and Cover Crops for All Seasons



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.



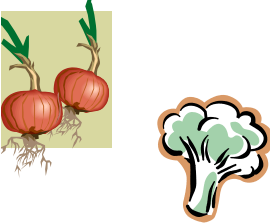
Rotation Planning

- 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 (for example, plants in the Tomato and Cucurbit families).


Year 1	Year 2	Year 3	Year 4
Spring Veggie: <i>Ex: peas</i>	(over-wintering cover crop from last year – cut down in late April)	Spring Veggie: <i>Ex: spinach or beets</i>	Spring Veggie: <i>Ex: lettuces, salad greens</i>
Summer Veggie: <i>Ex: tomato/ pepper/ eggplant</i>	Summer Veggie: <i>Ex: cucumber or zucchini</i>	(short) Summer veggie: <i>Ex: string beans</i>	Summer Cover Crop: <i>Ex: buckwheat & crimson clover</i>
Over-wintering Cover Crop: <i>Ex: rye & hairy vetch (underseed)</i>	Fall Veggie: <i>Ex: kale</i>	Winter-kill Cover Crop: <i>Ex: oats & field peas</i>	Fall Veggie: <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;">Transplants:</p> <ul style="list-style-type: none"> • Alliums: Onions, Scallions (sets) • Brassicas: Bok choy, Broccoli, Cabbage, Cauliflower, Collards, Kale • Chenopods: Chard 		<p style="text-align: center;">Direct seeding:</p> <ul style="list-style-type: none"> • Alliums: Leeks • Aster family: Lettuce • Brassicas: Kohlrabi, Radish, Turnip • Chenopods: Spinach, Beets • Legumes: Peas
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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;">Transplants:</p> <ul style="list-style-type: none"> • Basellaceae Family: Malabar spinach • Cucurbits: Cucumber, Melon, Pumpkin, Summer & Winter Squash • Mallow Family: Okra • Solanaceae (Nightshade) Family: Tomato, Pepper, Eggplant 		<p style="text-align: center;">Direct seeding:</p> <ul style="list-style-type: none"> • Apiaceae Family: Carrots • Legumes: Beans
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FALL VEGGIES: Start seeds in **mid-July.** Sow seeds outdoors & plant transplants in **mid-August- early September.**

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

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

<ul style="list-style-type: none"> • Legumes: Field Peas • Grass-Legume Mixture: Oats & Field Peas
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OVER-WINTERING COVER CROPS: Interseed in **September & October** beneath & between summer vegetables. Cut down at flowering in **mid- to late- April** before planting summer vegetables.

<ul style="list-style-type: none"> • Legumes: Crimson Clover (seed in early Sept); Hairy Vetch (seed in early October) • Grass-Legume Mixtures: Rye & Crimson Clover; Rye & Hairy Vetch

SUMMER COVER CROPS: Seed after early spring crops in **May – June.** Cut down in **August** before fall crops. In buckwheat/legume mixtures, trim the buckwheat at flowering to increase space & light for legume growth.

<ul style="list-style-type: none"> • Legumes: Berseem Clover, Crimson Clover • Buckwheat-Legume Mixtures: Buckwheat & Berseem or Crimson Clover
