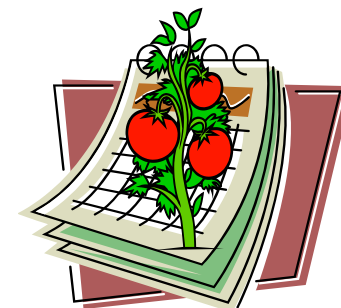
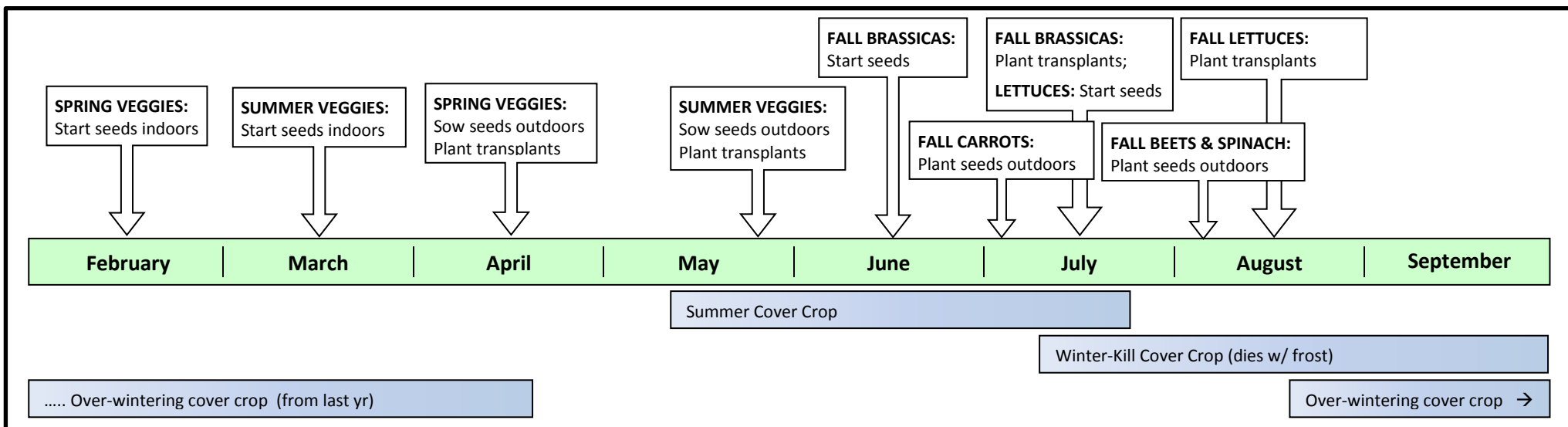


A Tompkins County Garden Calendar: Veggies and Cover Crops for All Seasons



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.



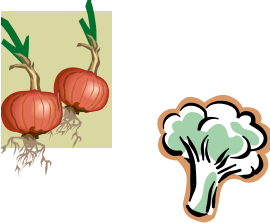
Rotation Planning

- 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 |
|---|---|--|--|
| Spring Veggie: <i>Ex: peas</i> | (over-wintering cover crop from last year – cut down in late May) | 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.**

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|--|---|---|
| <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 |
|--|---|---|

SUMMER VEGGIES: Start seeds indoors in **March.** Sow seeds outdoors & plant transplants in **May-early June.**

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|--|---|--|
| <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 |
|--|---|--|

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;">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 |
|---|--|---|

Cover Crop Seasonal Niches

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

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| <ul style="list-style-type: none"> • Legumes: Field Peas • Non-legumes: Oats (mix with Field Peas), Mustards, Tillage Radish |
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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.

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| <ul style="list-style-type: none"> • Legumes: Hairy Vetch (seed in early October); Crimson Clover (seeded in September) <i>may</i> survive the winter • Non-legume: Rye (mix with Hairy Vetch) |
|--|

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.

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