



## **Veggie Virgin Formula: Zone 1 Calendar**

The Veggie Virgin Formula makes figuring out what to plant in your garden simple.

Follow these 4-steps:

**Step 1:** Figure out your USDA Zone

**Step 2:** Download your chart (what you are looking at)

**Step 3:** Determine your sunlight

**Step 4:** Decide what to grow

For complete explanation and instructions, please visit <http://www.urbanorganicgardener.com/veggievirginformula>



## Veggie Virgin Formula: Zone 1 Calendar

### January

Cabbage	Parsley	Spinach
Carrots	Peas	Turnips
Cauliflower	Radish	
Onions	Rhubarb	

### February

Cabbage	Lettuce (head)	Peas
Carrots	Lettuce (leaf)	Potatoes
Chard	Onions	Radish
Leeks	Parsley	Spinach

### March

Asparagus	Chard	Onions
Beets	Endive	Parsley
Cabbage	Leeks	Peas
Carrots	Lettuce (head)	Potatoes
Celery	Lettuce (leaf)	Radish



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### April

Asparagus	Chives	Lettuce (leaf)
Beets	Corn (sweet)	Onions
Cabbage	Cucumbers (slicing)	Parsley
Carrots	Endive	Peas
Celery	Leeks	Potatoes
Chard	Lettuce (head)	Radish



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### May

Artichoke	Cucumbers (slicing)	Peas
Beans (snap)	Cucumbers (pickling)	Peppers
Beets	Dill	Potatoes
Broccoli	Endive	Pumpkins
Brussel sprouts	Kale	Radish
Carrots	Lettuce (head)	Squash (winter)
Celery	Lettuce (leaf)	Squash (summer)
Chard	Onions	Tomatoes
Chives	Parsley	
Corn (sweet)	Parsnips	



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### June

Artichoke	Cauliflower	Lettuce (leaf)
Beans (snap)	Celery	Parsnips
Beets	Cucumbers (slicing)	Peas
Broccoli	Endive	Radish
Brussel Sprouts	Kale	Rutabagas
Carrots	Lettuce (head)	Tomatoes

### July

Cabbage	Kohlrabi	Radish
Chinese cabbage	Lettuce (head)	Rutabagas
Endive	Lettuce (leaf)	
Kale	Peas	

### August

Artichoke	Kohlrabi	Radish
Cabbage	Lettuce (leaf)	Spinach
Chinese cabbage	Peas	Turnips



## Veggie Virgin Formula: Zone 1 Calendar

### September

Artichoke	Garlic	Spinach
Cabbage	Radish	

### October

Artichoke	Radish	Spinach
Garlic		

### November

Radish	Spinach	
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### December

Parsley	Rhubarb	Spinach
Radish		