



Veggie Virgin Formula: Zones 3&4 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: Zones 3&4 Calendar January & February

N/A

March

Asparagus

April

Asparagus

Endive

Parsley

Beets

Horseradish

Peas

Broccoli

Kale

Potatoes (white)

Cabbage

Kohlrabi

Radish

Carrots

Lettuce (leaf)

Rhubarb

Cauliflower

Lettuce (head)

Spinach

Collard greens

Onions

Turnip



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May

Asparagus	Chard	Potatoes (white)
Beans (snap, bush)	Cucumbers	Pumpkin
Beans (snap, pole)	Horseradish	Radish
Beans (dry, shell)	Kale	Rhubarb
Beets	Kohlrabi	Rutabaga
Broccoli	Lettuce (head)	Squash (summer)
Brussel sprouts	Lettuce (leaf)	Squash (winter)
Cabbage	Muskmelon	Sweet corn
Carrots	Parsley	Tomatoes
Cauliflower	Parsnips	Turnip
Celery	Peas	Watermelon



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June

Beans (snap, bush)	Kale	Radish
Beans (snap, pole)	Kohlrabi	Rutabaga
Beets	Lettuce (leaf)	Squash (summer)
Broccoli	Muskmelon	Squash (winter)
Brussel sprouts	Okra	Sweet corn
Cabbage	Pepper	Tomatoes
Carrots	Potatoes (white)	Turnip
Cauliflower	Potatoes (sweet)	Watermelon
Cucumbers	Pumpkin	

July

Beans (snap, bush)	Chinese cabbage	Turnip
Beans (snap, pole)	Kale	
Beets	Sweet Corn	

August



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Kohlrabi

Radish

Turnip

Lettuce (leaf)

Spinach

September

N/A

October

Garlic

November

Garlic

December

N/A