



## **Veggie Virgin Formula: Zone 7&8 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 7&8 Calendar

### January

Asparagus	Mustard	Radish
Cabbage	Onions	Spinach
Carrots	Peas	Turnip
Lettuce	Potato (white)	

### February

Asparagus		Peas
Beets	Kale	Potato (white)
Broccoli	Lettuce	Radish
Cabbage	Mustard	Spinach
Carrots	Onions	Turnip

### March

Asparagus	Cauliflower	Onions
Beets	Collard greens	Potato (white)
Broccoli	Corn	Radish
Cabbage	Kale	Spinach
Cantaloupe	Lettuce	Tomato
Carrots	Mustard	Turnip

### April



## **Veggie Virgin Formula: Zone 7&8 Calendar**

Beans (bush)	Eggplant	Radish
Beans (pole)	Mustard	Squash (bush)
Beans (lima)	Okra	Squash (winter)
Cantaloupe	Peas	Tomatoes
Cauliflower	Pepper	Turnip
Corn	Potato (sweet)	Watermelon
Cucumber	Potato (white)	

### **May**

Beans (bush)	Eggplant	Squash (bush)
Beans (pole)	Okra	Squash (winter)
Beans (lima)	Peas	Tomato
Corn	Pepper	Watermelon
Cucumber	Potato (sweet)	

### **June**

Beans (lima)	Peas	Squash (winter)
Corn	Pepper	Tomato
Okra	Potato (sweet)	

### **July**



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Beans (bush)	Corn	Peas
Beans (pole)	Eggplant	Squash (winter)
Beans (lima)	Okra	Tomato

### August

Beans (bush)	Carrots	Peas
Beans (pole)	Cauliflower	Potato (white)
Beans (lima)	Collard greens	Squash (bush)
Beets	Cucumber	Squash (winter)
Broccoli	Kale	Turnip
Cabbage	Mustard	

### September

Beets	Collard greens	Radish
Broccoli	Cucumber	Spinach
Cabbage	Lettuce	Turnips
Carrots	Mustard	
Cauliflower	Onions	

### October

Cabbage	Mustard	Spinach
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## **Veggie Virgin Formula: Zone 7&8 Calendar**

Collard greens

Onions

Lettuce

Radish

### **November**

Asparagus

Onions

### **December**

Asparagus

Onions