

# QUICK PLANTING GUIDE: 14 COMMON VEGETABLES

A free TheNerdyFarmWife.com cheat sheet for growing fourteen common garden veggies.



COMMON NAME	LATIN NAME	START DATE	SEED SIZE	SEED/PLANT SPACING	ROW SPACING	DAYS TO GERM.	SOWING & GROWING NOTES
<b>Beans</b>	<i>Phaseolus vulgaris</i>	2-3 weeks after last frost	large	bush: 4" pole: 8-12"	12-18"	8-10 days	direct sow, 1 inch deep; beans are light feeders; includes green beans, wax beans, pinto and other shelling beans
<b>Broccoli</b>	<i>Brassica oleracea</i>	4-6 weeks before last frost	small	space plants 1-2 ft apart	2 feet	7-14 days	start indoors, 1/4" deep, for fall crop plant outdoors 6 to 8 weeks + the # of days to maturity (on seed packet) before first fall frost; heavy feeder; cold hardy, tolerates light frost
<b>Cabbage</b>	<i>Brassica oleracea</i>	4-6 weeks before last frost	small	space plants 2-3 ft apart	3 feet	7-14 days	start indoors, 1/4" deep; see broccoli for fall crop planting instructions; heavy feeder; cold hardy, tolerates light frost
<b>Cauliflower</b>	<i>Brassica oleracea</i>	4-6 weeks before last frost	small	1 1/2 ft apart, depending on variety	2 1/2 to 3 feet	7-14 days	start indoors, 1/4" deep; see broccoli for fall crop planting instructions; heavy feeder; cold hardy, tolerates light frost
<b>Carrots</b>	<i>Daucus carota var. sativus</i>	2-3 weeks before last frost	tiny	2-4 inches apart	6-12"	5-21 days	direct sow, 1/8-1/4" deep needs deep, well-draining, fine soil cold hardy; can be succession sown
<b>Corn</b>	<i>Zea mays</i>	2-3 weeks after last frost	medium	12-24" apart, depending on variety	30"	8-21 days	direct sow, 1-2 inches deep heavy feeder with shallow roots; NOT cold hardy, cannot tolerate frost; planting too early in cold weather can rot seeds
<b>Cucumbers</b>	<i>Cucumis sativus</i>	2-4 weeks before last frost	medium	6-12" apart	3 to 5 feet	5-7 days	start date is for starting indoors; for direct sowing plant 1-2 weeks after last spring frost; heavy feeder: can grow on trellis

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Lettuce	<i>Lactuca sativa</i>	2-4 weeks before last frost	small	10-16 inches apart (heading), 4 inches apart (loose leaf)	4-12 inches (depends on variety)	7-14 days	direct sow 1/4 inch deep; can be started indoors several weeks earlier for headstart on growing; cold hardy; can be succession sown; lettuce will often refuse to germinate once temps reach 80°F; light feeder
Peas	<i>Pisum sativum</i>	as soon as ground can be worked	medium	2-4 inches apart	4 inches (double rows), 2-3 ft apart (rows)	7-14 days	direct sow 1 inch deep; cold-hardy; will require trellis or other support to climb on to keep peas from ground contact; can optionally be treated with pea inoculant before sowing (if needed) to improve germination rates; light feeder
Peppers	<i>Capsicum spp.</i>	8-10 weeks before last frost	medium-small	1 - 1 1/2 feet apart	2 1/2 - 3 feet apart	7-21 days	start indoors, sowing seeds 1/4 inch deep; seed mat can be used to raise heat of soil for quicker germination; NOT cold hardy; heavy feeder
Southern Peas	<i>Vigna unguiculata</i>	3-4 weeks after last frost	medium	4 inches apart	3 feet apart	4-14 days	direct sow 1 inch deep; NOT cold hardy; very easy and undemanding to grow; prefers hot weather; can be grown as a cover crop
Spinach	<i>Spinacia oleracea</i>	as soon as ground can be worked	medium-small	4-6 inches apart	approx. 12"	6-10 days	direct sow 1/2 inch deep; sow fall spinach 3-4 weeks before estimated first fall frost; very good cold-hardiness (some varieties can overwinter); cannot tolerate summer heat.
Summer Squash/ Zucchini	<i>Cucurbita spp.</i>	3-4 weeks after last frost	large	1-3 feet apart (depends on variety)	3 feet apart	5-14 days	direct sow 1/2-1 inch deep; can start indoors 3-4 weeks early for headstart on season; NOT cold-hardy; heavy feeder; thirsty plant, will need plenty of water
Tomatoes	<i>Solanum lycopersicum</i>	6-8 weeks before last frost	small	1 1/2 - 2 feet apart	3 feet apart	5-14 days	start indoors, sowing seeds 1/8 inch deep; NOT cold hardy; heavy feeder; will need support of trellis/cage to keep tomatoes off of ground