

Planting Guide

USDA Zone 7

Last Frost
Mar 20

First Frost
Nov 5

Growing Season
190-220 days

Zone 7 Tip: Long season with warm summers. Heat-tolerant varieties perform best.

Fruiting Vegetables

SEED	METHOD	START INDOORS	DIRECT SOW / TRANSPLANT	HARVEST BY
Roma Tomatoes	Indoor	Feb 6	Mar 6	Jul 15
Jalapeno Peppers	Indoor	Jan 23	Mar 6	Jul 19
California Wonder Peppers	Indoor	Jan 23	Mar 6	Jul 24
Crimson Sweet Watermelon	Both	Mar 6	Mar 20 or earlier	Jun 22
Pickling Cucumbers	Both	Mar 6	Mar 20 or earlier	May 23
Dark Green Zucchini	Both	Mar 6	Mar 20 or earlier	May 18
Jack-o-Lantern Pumpkin	Sow	—	Mar 20	Jun 18
Luffa Sponge Gourd	Sow	Mar 6	Mar 20	Jul 2

Herbs

SEED	METHOD	START INDOORS	DIRECT SOW / TRANSPLANT	HARVEST BY
Large Leaf Basil	Indoor	Feb 20	Mar 6	Jun 1
Coriander (Cilantro)	Sow	Feb 27	Mar 20	Jun 4
Parsley	Sow	Feb 27	Mar 20	Jun 9
Catnip	Sow	—	Mar 20	May 19

Root Vegetables

SEED	METHOD	START INDOORS	DIRECT SOW / TRANSPLANT	HARVEST BY
Sugar Beets	Sow	—	Mar 20	May 9
Bulls Blood Beets	Sow	—	Mar 20	May 9
Snowball Turnips	Sow	—	Mar 6	May 9
Scarlett Nantes Carrots	Sow	—	Mar 20	May 19

Legumes & Corn

SEED	METHOD	START INDOORS	DIRECT SOW / TRANSPLANT	HARVEST BY
Provider Green Bush Beans	Sow	—	Mar 20	May 9

Sugar Lace Snap Peas	Sow	—	Mar 6	May 19
Yellow Dent Corn	Sow	—	Mar 20	Jun 8

Leafy Greens & Brassicas				
SEED	METHOD	START INDOORS	DIRECT SOW / TRANSPLANT	HARVEST BY
Utah Celery	Indoor	Jan 9	Mar 6	Aug 27
Butter Crunch Lettuce	Both	Feb 20	Mar 20 or earlier	Jun 6
Red Russian Kale	Sow	—	Mar 6	May 14
Long Island Brussels Sprouts	Indoor	Jan 23	Mar 6	Aug 13
White Bunching Onion	Sow	—	Mar 6	Jun 28

Tree Seeds	
Japanese Maple Spring/Fall Fall preferred. Shade when young.	Red Cedar Fall Bare-root in dormant season.
Southern Yew Spring Slow grower. Good hedge plant.	Chinese Elm Spring Drought-tolerant once established.