

## Vegetable Planting Guide For Eastern North Carolina

### Getting Started...

There is much to consider when planning a vegetable garden. When is the right time to plant? How long does it take? This guide is a starting place to help provide research-based knowledge to get growing. Each category corresponds to a column of information you need to know to successfully grow a vegetable garden.

### Geographic Range:

This planting guide is intended to encompass the growing region that begins in the coastal plain region and extends throughout the piedmont. Some areas may experience pockets of warmer or colder weather and should use this as a starting point and adapt information depending on the specific seasonal climate conditions. Gardeners growing on the coast may be able to start crops a week earlier in the spring and a week later in the fall than those listed.

### Spring Planting Date / Fall Planting Date

North Carolina has a tremendous climate for growing vegetables. A cool spring, warm summer and mild winter enables gardeners to have three seasons to produce a bounty of crops. Many vegetables can be planted twice during the year. For example, plants in the cabbage family, like broccoli, cabbage, collards, kale and kohlrabi, can be grown in the spring and the fall/winter. Some warm season crops like tomatoes, squash, pepper and beans can only be grown in months where there is no danger of freezing temperatures.

### Planting Type

Depending on the crop, gardeners can directly sow seeds into the ground (think watermelon, squash, beans, lettuce, carrots), while others must be started indoors (tomatoes, peppers, eggplant, etc). Seeds that do not transplant well should be sown directly into the garden beds and are labeled in the planting guide as 'direct seed.' To plant seeds indoors, fill a growing container with a seed starting potting soil. Sow seeds to the depth given in the planting guide and grow in a sunny window or under grow lights for the amount of time also listed in the planting guide.

### **Plant Indoors**

For vegetable and herb crops that will be sown indoors, this column lists the number of weeks to start crops before they are ready to be transplanted into the garden.

### **Days to Harvest**

Vegetables have a broad range of days they need to grow until they are ready for harvest. Radishes might only take thirty days, whereas it takes nearly three years for an asparagus crown to mature and be ready for picking. Climatic conditions and cultivar choices can influence the days to harvest.

### **Planting Depth**

A common rule of thumb is to plant seeds at a depth that is two to three times the width of the seed. Most seeds prefer to be tucked into the soil, but some, like carrots and turnips only need to be gently pressed into the soil with a bare covering of soil.

### **Planting Space**

Information presented in this column lists the proper spacing between mature plants to ensure optimal growth and development. Many seeds have variable germination percentages and rates and can be sown closer together and later thinned to proper spacing.

### **Nutritional Information**

Knowing the nutritional content of the vegetables can help you eat healthier. This column details the significant minerals and vitamins found in each crop.

### **Learn More!**

If you have questions about growing vegetables, herbs, or fruits, contact your local Cooperative Extension Office. In Pender County call 259-1235, Monday – Friday, 8am – 5pm, or visit us online anytime at <http://pender.ces.ncsu.edu/>, where you can post your questions to be answered by email using the **'Ask an Expert' widget!**

East								
Crop	Spring Planting Date	Fall Planting Date	Planting Type	Plant indoors (weeks before transplanting into the garden)	Days to Harvest	Planting Depth	Planting Space	Nutritional Content
Arugula	2/15-3/31	8/1-9/31	Direct seed	*	20-40	0.25"	2"	Vit. C, calcium, folate, fiber
Asparagus	2/15-3/31	*	Plant crown	*	2 years	6"	15"	Vit. A, C, B <sub>3</sub> , folate, calcium, phosphorous, potassium
Basil	4/31-7/31	*	Direct seed/ Transplant	5-7 weeks	30-80	0.25"	8"	Vit. A, C, K, iron, calcium, manganese, magnesium, potassium
Beans: Snap	3/20-6/15	8/1 - 9/15	Direct seed	*	50-55	1"	3"	Vit. C, calcium, folate, fiber
Beans: Lima	4/10-6/15	7/15-8/1	Direct seed	*	65-80	1.5"	6"	Vit. C, B <sub>3</sub> , B <sub>5</sub> , folate, copper, potassium, zinc, manganese, fiber
Beets	3/1-4/15	8/1-9/15	Direct seed	5-6 weeks	55-60	0.5"	2"	Folate
Broccoli	2/15-4/15	8/1-9/15	Transplant	5-7 weeks	70-80	0.5"	18"	Vit. C, K, potassium, folate, fiber
Brussels Sprouts	*	8/15-8/31	Transplant	5-7 weeks	90-100	0.5"	20"	Vit. C, folate, fiber
Cabbage	2/15-4/15	8/1-9/15	Transplant	8 weeks	70-80	0.5"	12"	Vit. C
Cantaloupe	4/15-5/15	7/1-7/15	Direct seed	*	85-100	1"	24"	Vit. A, C, folate
Carrots	2/15-3/31	6/15-8/15	Direct seed	*	85-95	0.25"	2"	Vit. A, C
Cauliflower	2/15-4/15	8/1-9/30	Transplant	5-7 weeks	55-65	0.5"	18"	Vit. C, folate
Celery			Transplant	10-12 weeks	80-100	.125"	6-8"	Vit. A, C

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Cilantro	1/31-3/31	9/15-9/31	Direct seed/ Transplant	5-7 weeks	90-105	0.5"	4"	Fiber, iron, magnesium, manganese
Collards	2/15-6/30	8/1-9/15	Transplant	5-7 weeks	60-100	0.5"	18"	Vit. A, C, folate, calcium, fiber
Corn	3/15-4/30	*	Direct seed/ Transplant	3-4 weeks	85-90	1.5"	12"	Vit. C, zinc
Cucumber	4/15-5/15	7/15-8/15	Direct seed	3-4 weeks	40-50	1"	10"	Vit. C
Dill	3/15-3/31	8/1-9/15	Direct seed/ Transplant	5-6 weeks	85-105	0.25"	2-4"	Calcium, manganese, iron
Eggplant	4/15-5/10	8/1-8/15	Transplant	6-8 weeks	80-85	0.5"	24"	Fiber
Garlic	*	9/15-11/10	Plant clove	*	210-240	1.25"	4"	Vit. C, B <sub>6</sub> , manganese, selenium
Kale	2/15-6/30	8/1-9/15	Transplant	5-7 weeks	40-50	0.5"	6"	Vit. A, C, K, calcium, potassium, manganese
Kohlrabi	2/15-6/30	8/1-9/15	Transplant	5-7 weeks	50-60	0.5"	4"	Vit. C
Leeks	2/15-6/30	*	Transplant	8-10 weeks	50-120	0.5"	4"	Vit. A, C, folate
Lettuce	2/1-4/10	8/25-9/25	Direct seed/ Transplant	5-6 weeks	70-85	0.25"	10"	Vit. A, C, K, manganese, folate, chromium
Mustard	2/15-6/30	8/1-9/15	Direct seed/ Transplant	5-6 weeks	30-40	0.5"	2"	Vit. A
Onion		10/1-3/1	Transplant	10-12 weeks	60-80	2"	4"	Vit. C, fiber
Okra	5/1-5/30	8/1-8/30	Direct seed/ Transplant	4-5 weeks	60-70	1"	12"	Vit. C, magnesium, folate, fiber
Parsley	2/15-4/15	8/1-9/30	Transplant	6-8 weeks	75-80	0.25"	15"	Vit. A, C, K
Parsnips	2/15-4/15	8/1-9/30	Direct seed	*	110-120	0.5"	2-3"	Vit. C, folate, fiber
Peas: Garden/ English	2/15-4/15	8/1-9/30	Direct seed	*	65-70	1"	1"	Vit. A, C, folate, fiber

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Peas: Southern	3/25-6/15	8/1-8/30	Direct seed	*	55-65	1"	4"	Folate, fiber
Peppers	4/15-5/10	8/1-8/15	Transplant	6-8 weeks	75-80	0.5"	15"	Vit. A, C
Potatoes	2/15-3/31	*	Plant tuber	*	95-120	5.0"	10"	Vit. C, zinc, potassium
Pumpkins	6/15-7/10	*	Direct seed/ Transplant	3-4 weeks	115-120	1.5"	48"	Vit. A, C
Radishes	2/15-6/30	8/1-9/15	Direct seed	*	25-30	0.5"	1"	Vit. C, K, B <sub>6</sub> , riboflavin
Rutabagas	2/15-4/15	8/1-9/30	Direct seed	*	70-80	0.5"	4"	Vit. C, folate, fiber
Spinach	2/15-6/30	8/1-9/15	Direct seed	*	50-60	0.5"	6"	Vit. A, C, K, iron, folate, fiber, magnesium
Squash, summer	4/1-5/30	7/15-8/15	Direct seed/ Transplant	3-4 weeks	50-60	1.5"	24"	Vit. C, zinc, manganese
Squash, winter	4/15-5/20	*	Direct seed/ Transplant	3-4 weeks	70-95	1"	36"	Vit. A
Sweet Potatoes	5/1-7/15	*	Plant root/ Transplant tips	*	95-125		10"	Vit. A, C, fiber, potassium, manganese, zinc
Swiss Chard	3/1-4/15	8/1-9/15	Direct seed/ Transplant	5-6 weeks	60-70	0.5"	6"	Vit. A, C, magnesium
Tomatoes	4/15-5/10	8/1-8/15	Transplant	5-7 weeks	75-85	0.5"	18"	Vit. A, C, potassium
Turnips	2/15-6/30	8/1-9/15	Direct seed		55-60	0.5"	2"	Vit. C
Watermelons	4/15-6/30	*	Direct seed/ Transplant	3-4 weeks	90-100	1.5"	60"	Vit. A, C

