


























HOW TO ADAPT THE CALENDAR FOR A COLDER OR WARMER ZONE:

- For a slightly colder zone: delay outdoor sowing and planting by 1 to 3 weeks.
- In the calendar's reference zone: rely on the dates while remaining attentive to late frosts.
- For a slightly milder zone (or microclimate): some plants can be planted one to two weeks earlier.

Indoor seeding (frost-sensitive)
 Outdoor seeding / Transplanting
 Harvest

| SEEDING | | JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC |
|---|------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
|  | Garlic | | | | | | | | | | | | |
|  | Eggplant | | | | | | | | | | | | |
|  | Beet | | | | | | | | | | | | |
|  | Broccoli | | | | | | | | | | | | |
|  | Carrot | | | | | | | | | | | | |
|  | Celery | | | | | | | | | | | | |
|  | Brussels sprouts | | | | | | | | | | | | |
|  | Cauliflower | | | | | | | | | | | | |
|  | Summer cabbage | | | | | | | | | | | | |
|  | Winter cabbage | | | | | | | | | | | | |
|  | Pumpkin | | | | | | | | | | | | |
|  | Cucumber | | | | | | | | | | | | |
|  | Squash | | | | | | | | | | | | |
|  | Spinach | | | | | | | | | | | | |
|  | Broad beans | | | | | | | | | | | | |
|  | Beans | | | | | | | | | | | | |
|  | Kale | | | | | | | | | | | | |
|  | Lettuce | | | | | | | | | | | | |
|  | Melon | | | | | | | | | | | | |
|  | Onion | | | | | | | | | | | | |
|  | Pepper | | | | | | | | | | | | |
|  | Peas | | | | | | | | | | | | |
|  | Leek | | | | | | | | | | | | |
|  | Radish | | | | | | | | | | | | |
|  | Tomato | | | | | | | | | | | | |

