


























**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           |     |     |     |     |     |     |     |     |     |     |     |     |