

| | July | August | September | October | November | December | January | February | March | April |
|------------------|-------|------------------------------|-------------------------------|-------------------|----------------------------|----------------------------|---------|---------------------|--------------------|-------|
| Beans (Fava) | | | | Seeds Nov. – Jan. | | | | | harvest Mar. – Apr | |
| Beets | | Seeds August – October | | | | harvest Nov. – Apr. | | | | |
| Broccoli | | Seeds August – Sept., plants | Sept. – Nov. | | | harvest Nov. | | or Feb. – Mar. | | |
| Brussels Sprouts | Seeds | or plants in July | | | | harvest Nov. | | or Feb. – Mar. | | |
| Cabbage | | Seeds August – Sept., plants | Sept. – Nov. | | | | | harvest Feb. – Mar. | | |
| Carrots | | Seeds August – Nov. | | | | harvest Nov. - April | | | | |
| Cauliflower | | Seeds August – Sept., plants | Sept. – Nov. | | | harvest Nov. | | or Feb. – Mar. | | |
| Celeriac | | Seeds August – Sept. | | | | harvest Nov. | | or Feb. - April | | |
| Celery | | Seeds August – Sept., plants | Sept. – Nov. | | | harvest Nov. – April | | | | |
| Celtuce | | Seeds August – Sept. | | | | harvest Nov. | | or Feb. – Mar. | | |
| Chard | Plant | anytime, harvest | anytime | | | | | | | |
| Chicory, Endive | | Seeds August – Oct. | | | | harvest Nov. - April | | | | |
| Cilantro | | | Seeds or plants Sept. – Feb., | harvest | October until hot weather | | | | | |
| Collards | | Seeds August – Oct. | | | | harvest Nov. - April | | | | |
| Corn Salad | | | Plant seeds or plants | Sept. – Feb., | harvest | anytime before hot weather | | | | |
| Cress | | | Plant seeds or plants | Sept. – Feb., | harvest | anytime before hot weather | | | | |
| Endive | | Seeds August – Oct. | | | | harvest Nov. - April | | | | |
| Fennel | | Seeds August – Sept., plants | Sept. – Nov. | | | harvest Nov. – April | | | | |
| Garlic | | | Bulbs Sept. – Feb. | | | | | | harvest May - July | |
| Kale | | | Plant seeds or plants | Sept. – Feb., | harvest | anytime before hot weather | | | | |
| Kohlrabi | | Seeds August – Sept., plants | Sept. – Nov. | | | harvest Nov. | | or Feb. – Mar. | | |
| Leeks | | Seeds August – Feb. | | | | harvest Nov. - May | | | | |
| Lettuce | | | Plant seeds or plants | Sept. – Feb., | harvest | anytime before hot weather | | | | |
| Mustard | | | Plant seeds or plants | Sept. – Feb., | harvest | anytime before hot weather | | | | |
| Onions | | Seeds August – Sept. | | | plants Nov. – Dec. | | | | harvest May - July | |
| Oyster plant | | Seeds August – Oct. | | | | harvest Nov. – Mar. | | | | |
| Pak Choi | | | Plant seeds or plants | Sept. – Feb., | harvest | anytime before hot weather | | | | |
| Parsley Root | | Seeds August – Oct. | | | | harvest Nov. – Mar. | | | | |
| Parsnips | | Seeds August – Oct. | | | | harvest Nov. – Mar. | | | | |
| Peas | | Seeds August – Sept., plants | Sept. – Nov. | | | harvest Nov. | | or Feb. – April | | |
| Potatoes | | Root pieces August – Sept. | | | | harvest Nov. | | or Mar. – Apr. | | |
| Radicchio | | | Seeds or plants Sept. – Feb., | harvest | anytime before hot weather | | | | | |
| Radishes | | Seeds | anytime August – April, | harvest | 5 – 6 weeks later | | | | | |
| Rutabagas | Seeds | in July | | | | harvest Nov. – Mar. | | | | |
| Spinach | | | Seeds or plants Sept. – Feb., | harvest | anytime before hot weather | | | | | |
| Turnips | | Seeds August – Oct. | | | | harvest Nov. – Mar. | | | | |