



New Jersey Month-by-Month Planting Calendar

(Vegetables • Herbs • Flowers — Zones 6–7)

January

- **Indoors:** Start long-season flowers like pansies and some perennials.
 - **Garden tasks:** Plan layout, order seeds, prepare tools.
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February

- **Start Indoors (Vegetables):**
 - Broccoli, cabbage, kale, onions (seed), tomatoes, peppers, eggplant (long warm-season).
 - **Start Indoors (Flowers):**
 - Snapdragons, petunias, impatiens, marigolds (early start).
 - **Start Indoors (Herbs):**
 - Parsley, thyme, oregano, basil (late Feb).
 - **Cool-season direct sow indoors for later transplanting** since NJ frost date is still far off. [\[ufseeds.com\]](https://ufseeds.com)
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March

- **Direct Sow Outdoors (Cool-season vegetables):**
 - Lettuce, spinach, carrots, beets, peas, radishes.
- **Indoors:** Continue tomatoes, peppers, eggplant.
- **Outdoors:** Plant onion sets late March if soil workable.
(Still before last frost — safe because cool-season crops tolerate cold.) [\[ufseeds.com\]](https://ufseeds.com)



April

- **Early April (still frost risk):**
 - Continue sowing spinach, lettuce, peas, carrots, beets.
- **Transplant Outdoors (after early April for cool-season):**
 - Broccoli, cabbage, kale, onions.
- **Flowers:**
 - Plant pansies, calendula, snapdragons.
- **Herbs:**
 - Plant cilantro outdoors early; chives can be divided.
- **NOTE:** NJ's last frost occurs between **Apr 17–May 5**, so hold warm-season plants for now.

May

- **After Last Frost (Mid–Late May): Warm-season planting begins.**
 - **Transplant (Vegetables):**
 - Tomatoes, peppers, eggplant, cucumbers, squash, pumpkins.
 - **Direct Sow:**
 - Green beans, corn, cucumbers, squash, zucchini, pumpkins.
 - **Flowers:**
 - Direct sow zinnia, cosmos, sunflower; transplant marigolds, petunias, impatiens.
 - **Herbs:**
 - Basil, oregano, thyme — transplant outdoors after frost.
(*Warm-season crops require frost-free conditions and warm soil.*) [\[ufseeds.com\]](https://ufseeds.com)
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June

- **Successive Planting:**
 - Beans, corn, cucumbers, summer squash.
 - **Continue:**
 - Sunflowers, zinnias, cosmos direct sow.
 - **Maintenance:**
 - Mulch, fertilize, prune, begin staking heavy plants (tomatoes).
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July

- **Late-Season / Fall Crop Planting Begins:**
 - Start fall broccoli, kale, and cabbage indoors for August transplanting.
 - **Direct Sow:**
 - Beans (last sowing early July), carrots, beets for fall harvest.
 - **Flowers:**
 - Continue planting later sunflowers for staggered blooms.
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August

- **Fall Cool-Season Sowing:**
 - Direct sow spinach, lettuce, radishes, carrots, beets.
 - **Transplant:**
 - Fall broccoli, kale, cabbage (started in July).
 - **Herbs:**
 - Sow cilantro again for fall harvest.
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September

- **Continue Fall Crops:**
 - Sow spinach and lettuce early; radishes throughout month.
 - **Perennials:**
 - Divide spring-blooming perennials (NJ horticultural groups widely recommend this timing).
 - **Cleanup:**
 - Begin garden cleanup; refresh mulch.
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October

- **First Frost Range: Oct 3–Oct 25** depending on county. [\[ufseeds.com\]](https://ufseeds.com)
 - **Plant:**
 - Garlic, hardy spring-flowering bulbs (daffodil, hyacinth, tulip).
 - **Harvest:**
 - Fall greens, beets, carrots.
 - **Protect:**
 - Cover sensitive plants; bring herbs like basil indoors.
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November

- **Plant:**
 - Continue garlic, hardy bulbs.
 - **Garden tasks:**
 - Add compost, remove dead annuals, protect perennials.
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December

- **Indoor Gardening:**
 - Start planning next year, grow microgreens indoors.
- **Maintenance:**
 - Tool care, seed inventory.

General NJ Growing Notes

- **Zones:** Most of NJ = 6b, 7a, 7b (South Jersey slightly warmer).
- **Last Frost:** Typically April 18 – May 5 depending on county.
- **First Frost:** Typically Oct 3 – Oct 25.
- **Growing season:** Typically 180 days on average.
- Planting and frost timing information based on publicly available regional growing data.