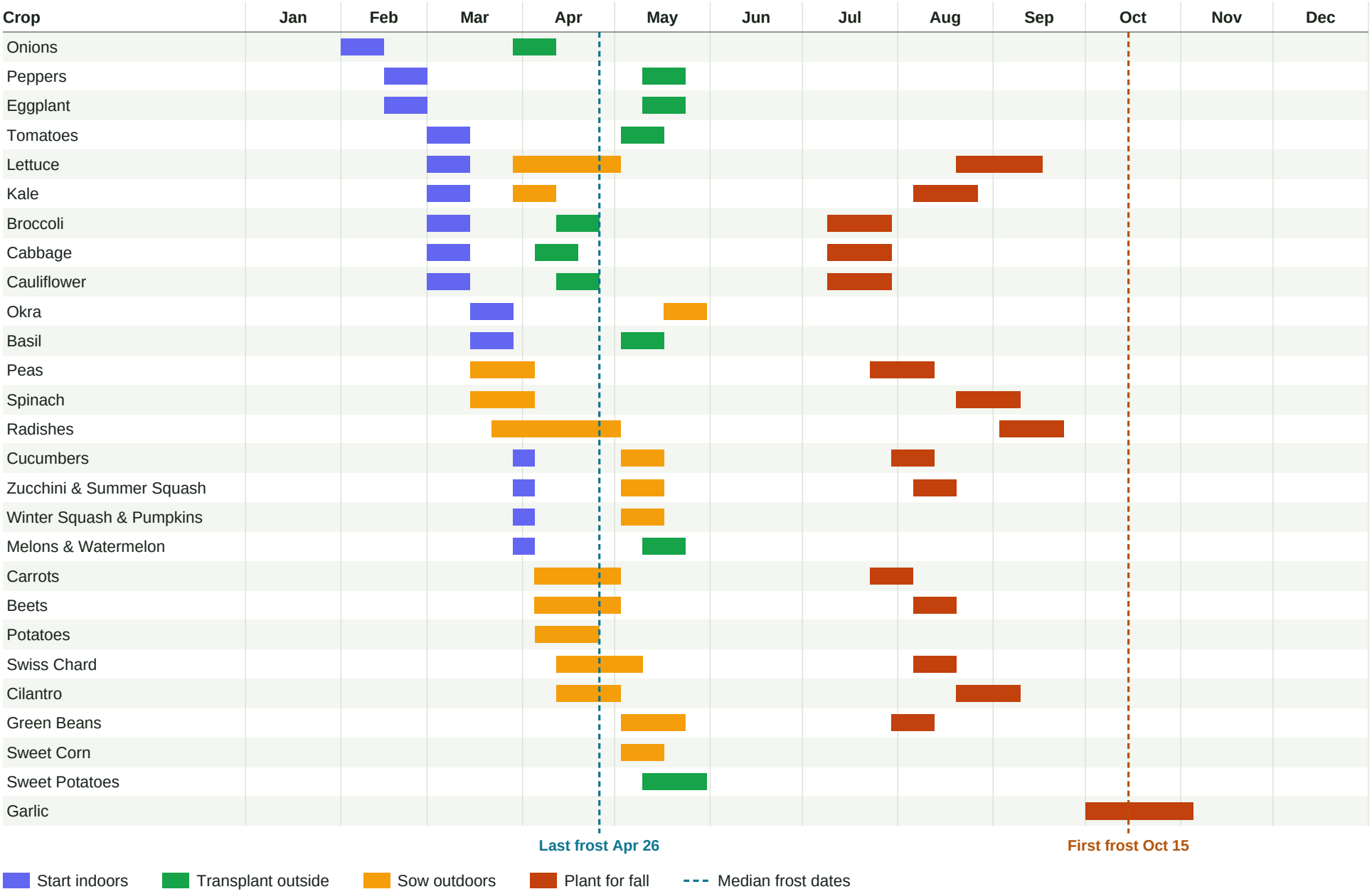
Cape Elizabeth, ME planting calendar

Median last frost Apr 26 (10% chance of frost after May 7) · Median first frost Oct 15 · 172-day growing season · Zone 6a



Cape Elizabeth, ME planting dates

Median last frost Apr 26 (10% chance of frost after May 7) · Median first frost Oct 15 · 172-day growing season · Zone 6a

Crop	Start indoors	Transplant outside	Sow outdoors	Plant for fall
Onions	Feb 1 – Feb 15	Mar 29 – Apr 12	—	—
Peppers	Feb 15 – Mar 1	May 10 – May 24	—	—
Eggplant	Feb 15 – Mar 1	May 10 – May 24	—	—
Tomatoes	Mar 1 – Mar 15	May 3 – May 17	—	—
Lettuce	Mar 1 – Mar 15	Apr 5 – Apr 19	Mar 29 – May 3	Aug 20 – Sep 17
Kale	Mar 1 – Mar 15	Mar 29 – Apr 12	Mar 29 – Apr 12	Aug 6 – Aug 27
Broccoli	Mar 1 – Mar 15	Apr 12 – Apr 26	—	Jul 9 – Jul 30
Cabbage	Mar 1 – Mar 15	Apr 5 – Apr 19	—	Jul 9 – Jul 30
Cauliflower	Mar 1 – Mar 15	Apr 12 – Apr 26	—	Jul 9 – Jul 30
Okra	Mar 15 – Mar 29	May 17 – May 31	May 17 – May 31	—
Basil	Mar 15 – Mar 29	May 3 – May 17	—	—
Peas	—	—	Mar 15 – Apr 5	Jul 23 – Aug 13
Spinach	—	—	Mar 15 – Apr 5	Aug 20 – Sep 10
Radishes	—	—	Mar 22 – May 3	Sep 3 – Sep 24
Cucumbers	Mar 29 – Apr 5	May 10 – May 17	May 3 – May 17	Jul 30 – Aug 13
Zucchini & Summer Squash	Mar 29 – Apr 5	—	May 3 – May 17	Aug 6 – Aug 20
Winter Squash & Pumpkins	Mar 29 – Apr 5	—	May 3 – May 17	—
Melons & Watermelon	Mar 29 – Apr 5	May 10 – May 24	—	—
Carrots	—	—	Apr 5 – May 3	Jul 23 – Aug 6
Beets	—	—	Apr 5 – May 3	Aug 6 – Aug 20
Potatoes	—	—	Apr 5 – Apr 26	—
Swiss Chard	—	—	Apr 12 – May 10	Aug 6 – Aug 20
Cilantro	—	—	Apr 12 – May 3	Aug 20 – Sep 10
Green Beans	—	—	May 3 – May 24	Jul 30 – Aug 13
Sweet Corn	—	—	May 3 – May 17	—
Sweet Potatoes	—	May 10 – May 31	—	—
Garlic	—	—	—	Oct 1 – Nov 5

Wait until after May 7 (only a 10% chance of frost) to plant out the most frost-tender crops: tomatoes, peppers, basil, melons.