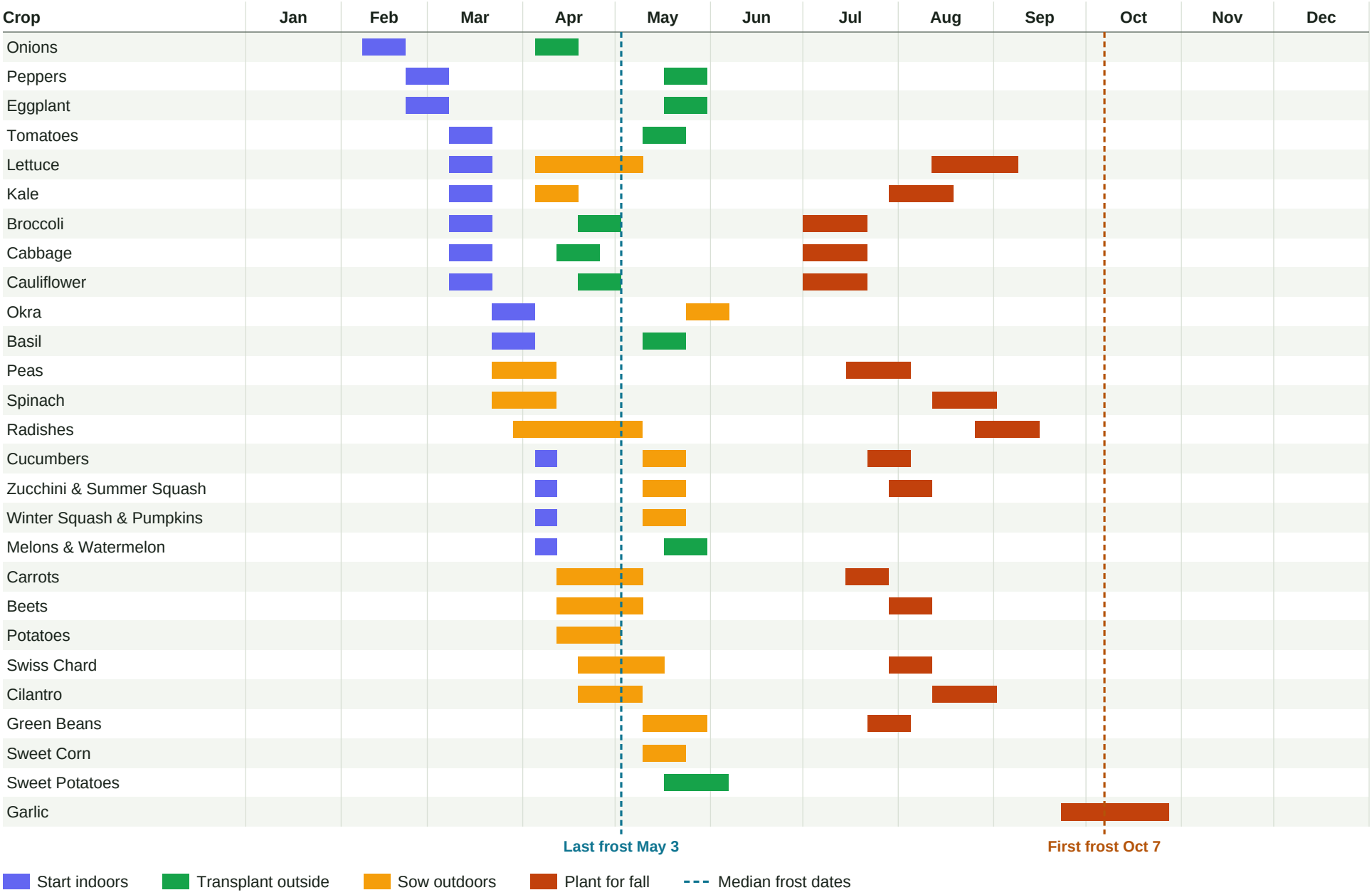
Poland, ME planting calendar

Median last frost May 3 (10% chance of frost after May 16) · Median first frost Oct 7 · 157-day growing season · Zone 5b



Poland, ME planting dates

Median last frost May 3 (10% chance of frost after May 16) · Median first frost Oct 7 · 157-day growing season · Zone 5b

Crop	Start indoors	Transplant outside	Sow outdoors	Plant for fall
Onions	Feb 8 – Feb 22	Apr 5 – Apr 19	—	—
Peppers	Feb 22 – Mar 8	May 17 – May 31	—	—
Eggplant	Feb 22 – Mar 8	May 17 – May 31	—	—
Tomatoes	Mar 8 – Mar 22	May 10 – May 24	—	—
Lettuce	Mar 8 – Mar 22	Apr 12 – Apr 26	Apr 5 – May 10	Aug 12 – Sep 9
Kale	Mar 8 – Mar 22	Apr 5 – Apr 19	Apr 5 – Apr 19	Jul 29 – Aug 19
Broccoli	Mar 8 – Mar 22	Apr 19 – May 3	—	Jul 1 – Jul 22
Cabbage	Mar 8 – Mar 22	Apr 12 – Apr 26	—	Jul 1 – Jul 22
Cauliflower	Mar 8 – Mar 22	Apr 19 – May 3	—	Jul 1 – Jul 22
Okra	Mar 22 – Apr 5	May 24 – Jun 7	May 24 – Jun 7	—
Basil	Mar 22 – Apr 5	May 10 – May 24	—	—
Peas	—	—	Mar 22 – Apr 12	Jul 15 – Aug 5
Spinach	—	—	Mar 22 – Apr 12	Aug 12 – Sep 2
Radishes	—	—	Mar 29 – May 10	Aug 26 – Sep 16
Cucumbers	Apr 5 – Apr 12	May 17 – May 24	May 10 – May 24	Jul 22 – Aug 5
Zucchini & Summer Squash	Apr 5 – Apr 12	—	May 10 – May 24	Jul 29 – Aug 12
Winter Squash & Pumpkins	Apr 5 – Apr 12	—	May 10 – May 24	—
Melons & Watermelon	Apr 5 – Apr 12	May 17 – May 31	—	—
Carrots	—	—	Apr 12 – May 10	Jul 15 – Jul 29
Beets	—	—	Apr 12 – May 10	Jul 29 – Aug 12
Potatoes	—	—	Apr 12 – May 3	—
Swiss Chard	—	—	Apr 19 – May 17	Jul 29 – Aug 12
Cilantro	—	—	Apr 19 – May 10	Aug 12 – Sep 2
Green Beans	—	—	May 10 – May 31	Jul 22 – Aug 5
Sweet Corn	—	—	May 10 – May 24	—
Sweet Potatoes	—	May 17 – Jun 7	—	—
Garlic	—	—	—	Sep 23 – Oct 28

Wait until after May 16 (only a 10% chance of frost) to plant out the most frost-tender crops: tomatoes, peppers, basil, melons.