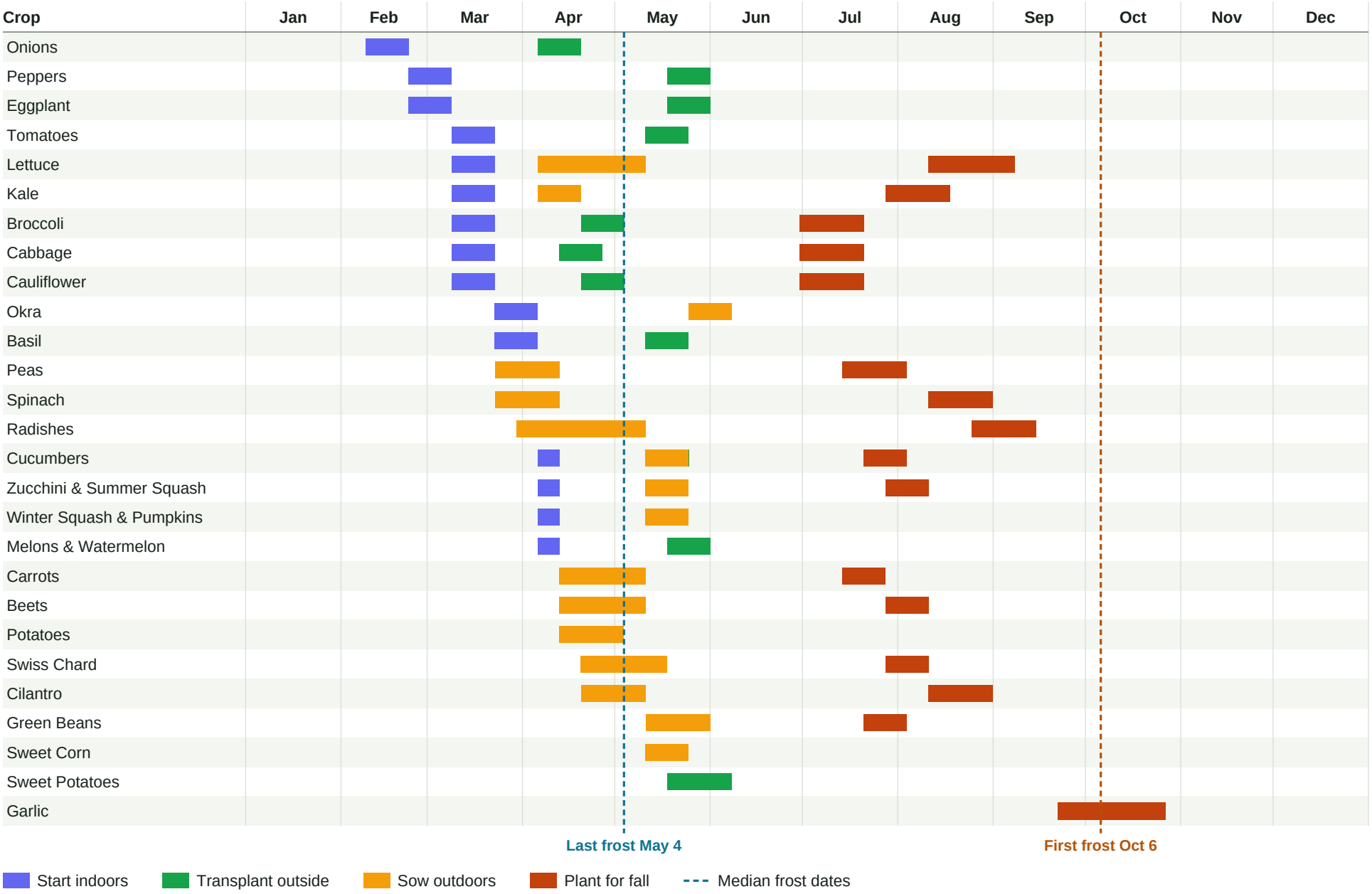
Rumford, ME planting calendar

Median last frost May 4 (10% chance of frost after May 17) · Median first frost Oct 6 · 155-day growing season · Zone 5a



Rumford, ME planting dates

Median last frost May 4 (10% chance of frost after May 17) · Median first frost Oct 6 · 155-day growing season · Zone 5a

Crop	Start indoors	Transplant outside	Sow outdoors	Plant for fall
Onions	Feb 9 – Feb 23	Apr 6 – Apr 20	—	—
Peppers	Feb 23 – Mar 9	May 18 – Jun 1	—	—
Eggplant	Feb 23 – Mar 9	May 18 – Jun 1	—	—
Tomatoes	Mar 9 – Mar 23	May 11 – May 25	—	—
Lettuce	Mar 9 – Mar 23	Apr 13 – Apr 27	Apr 6 – May 11	Aug 11 – Sep 8
Kale	Mar 9 – Mar 23	Apr 6 – Apr 20	Apr 6 – Apr 20	Jul 28 – Aug 18
Broccoli	Mar 9 – Mar 23	Apr 20 – May 4	—	Jun 30 – Jul 21
Cabbage	Mar 9 – Mar 23	Apr 13 – Apr 27	—	Jun 30 – Jul 21
Cauliflower	Mar 9 – Mar 23	Apr 20 – May 4	—	Jun 30 – Jul 21
Okra	Mar 23 – Apr 6	May 25 – Jun 8	May 25 – Jun 8	—
Basil	Mar 23 – Apr 6	May 11 – May 25	—	—
Peas	—	—	Mar 23 – Apr 13	Jul 14 – Aug 4
Spinach	—	—	Mar 23 – Apr 13	Aug 11 – Sep 1
Radishes	—	—	Mar 30 – May 11	Aug 25 – Sep 15
Cucumbers	Apr 6 – Apr 13	May 18 – May 25	May 11 – May 25	Jul 21 – Aug 4
Zucchini & Summer Squash	Apr 6 – Apr 13	—	May 11 – May 25	Jul 28 – Aug 11
Winter Squash & Pumpkins	Apr 6 – Apr 13	—	May 11 – May 25	—
Melons & Watermelon	Apr 6 – Apr 13	May 18 – Jun 1	—	—
Carrots	—	—	Apr 13 – May 11	Jul 14 – Jul 28
Beets	—	—	Apr 13 – May 11	Jul 28 – Aug 11
Potatoes	—	—	Apr 13 – May 4	—
Swiss Chard	—	—	Apr 20 – May 18	Jul 28 – Aug 11
Cilantro	—	—	Apr 20 – May 11	Aug 11 – Sep 1
Green Beans	—	—	May 11 – Jun 1	Jul 21 – Aug 4
Sweet Corn	—	—	May 11 – May 25	—
Sweet Potatoes	—	May 18 – Jun 8	—	—
Garlic	—	—	—	Sep 22 – Oct 27

Wait until after May 17 (only a 10% chance of frost) to plant out the most frost-tender crops: tomatoes, peppers, basil, melons.