

COOL SEASON VEGETABLE CHARACTERISTICS

Vegetable	Season	Transplant or Direct	No of weeks to transpl	Spacing	height	days to Maturity	Cal/ Protein Cal in 1oz (8oz = 1cup) Protein in 1 cup
Arugula TR Arugula DS	SP/Fall	Feb - May, Sept - Oct Mar - May, Aug - Oct	4 weeks	3 - 4"	36"	40 - 45 days	13 calories 0.5 grams protein
Beets TR Beets DS	SP/Fall	Feb - May, Sept - Oct Mar - Apr, Aug - Sept	6 weeks	2 - 3"	12"	55 - 65 days	12 calories 1.6 grams protein
Bok Choy TR Bok Choy DS	SP/Fall	Feb - Apr, Sept - Oct Feb - Apr, Sept - Oct	3 weeks	6 - 12"	6 - 24"	50 - 70 days	3.4 calories 1.6 grams protein
Broccoli TR	SP/Fall	Feb - Apr, Aug - Sept	6weeks	18 - 24"	18-24"	60 - 80 days	10 cal/ 3 gr protein
Cabbage TR	SP/Fall	Feb - Apr, Aug - Sept	6weeks	9 - 12"	12 - 24"	70 - 120 days	7 cal/ 1.1 gr protein
Napa C TR Napa C DS	SP/Fall	Feb - Apr, Aug - Oct Feb - Apr, Aug - Oct	3 weeks	6 - 12"	12 - 24"	70 - 90 days	2.5 calories 1.2 grams protein
Carrots DS	SP/Fall	Feb - Apr, Sept	none	2 - 3"	6 - 12"	70 - 95 days	11 cal/ 1.2gr protein
Cauliflower TR	SP/Fall	Feb - Apr, Sept	6 weeks	12 - 15"	12 - 36"	60 -75 days	7 cal / 2gr protein
Chard TR Chard DS	SP/Fall	Feb - May, Sept - Oct Feb - May, Sept	4 weeks	6 - 12"	12"	50 - 75 days	5 calories .7 grams protein
Cilantro TR Cilantro DS	SP/Fall	Feb - May, Sept - Oct March - May, Aug - oct	4 weeks	6 - 8"	18 - 24"	50 - 55 days	
Collards TR Collards DS	SP/Fall	Feb - Apr, Sept - Oct Feb - Apr, Sept - Oct	6 weeks	10 - 18" varies	24 - 36"	55 - 85 days	9 calories 1 gram protein
Dill DS	SP/Fall	March - May	none	6 - 10"	24 -48"	40 - 55 days	
Fava DS	SP/Fall	February, Aug - Sept	none			80 - 100 days	64 cal/ 12.16gr prot
Fennel TR Fennel DS	SP/Fall	Feb - Apr, Sept - Oct Feb - Apr, Sept - Oct	6 weeks	12 -24"	24 - 84"	90 - 112 days	9 calories 1 gram protein
Kale TR Kale DS	SP/Fall	Feb - Apr, Sept - Oct Mar - Apr, Sept - Oct	4 weeks	10 - 12"	24"	50 -70 days	14 calories 2 grams protein
Kohlrabi TR Kohlrabi DS	SP/Fall	Feb - Mar, Sept - Oct Feb - Mar, Sept - Oct	6 weeks	6"	9 - 15"	45 - 60 days	8 calories 2.3 grams protein
Head lettuce Head lettuce Leaf Lettuce TR Lettuce DS	SP/Fall	Feb - Apr, Sept - Oct Mar - Apr, Sept - Oct Feb - Apr, Sept - Oct Mar - Apr, Sept - Oct	4 weeks 4 weeks	10 - 12" 6"	8 - 10" 15"	60 -85 days 40 - 70 days	4 calories .5gr protein
Mustard TR Mustard DS	SP/Fall	Feb - Apr, Sept - Oct Feb - Apr, Sept - Oct	4 weeks	6 - 8"	16 - 24"	40 - 50 days	8 calories 1.6 grams protein
Parsley TR	SP	Feb - May	9 weeks	4 - 6"	12 - 24"	70 - 90 days	
Parsnip DS	SP/Fall	Feb - Apr, Sept	none	3 - 4"	10 - 15"	100 -120days	21 cal/ 1.6 gr protein
Peas TR Peas DS peas shelling Peas snow Peas - Snap	SP/Fall SP/Fall SP/Fall SP/Fall SP/Fall	Feb - Mar, Sept - Oct Feb - Mar, Aug - Sept	3 weeks	2"	28 - 32 18 - 24 60 - 72"	60 - 70 days	23 calories 8 grams protein
Potatoes TR	SP	Feb - April	none	8 - 12"	24" vining	80 - 120 days	22 cal / 2.5 gr prot
Radish DS	SP/Fall	Mar - May, Sept - Oct	none	2 - 3"	4 - 12"	25 - 30 days	4 cal / 0 gr protein
Spinach TR Spinach DS	SP/Fall	Feb - Apr, Sept - Oct Mar - Apr, Sept - Oct	4 weeks	2 - 4"	8 - 12"	40 - 50 days	6 calories 2.9gr protein
Rutabaga TR Rutabaga DS	SP/Fall	Feb - Apr, Sept - Oct Mar - Apr, Sept - Oct	4 weeks	6 - 8"	12 - 15"	40 - 60 days	11 calories 2.0 grams protein
Turnips TR Turnips DS	SP/Fall	Feb - Apr, Sept - Oct Mar - Apr, Sept - Oct	4 weeks	2 - 4"	12 - 15"	49 - 60 days	8 calories 1.1 gram protein

The above spacing & height information is an approximation. Numbers will vary depending on the variety you are planting, temperature, and growing conditions. Make sure to read your seed label to get the most accurate information for the veggie varieties you are growing.