



# Contra Costa County Vegetable Planting Guide for Interior Regions

Welcome to our Vegetable Planting Guide for Interior Regions of Contra Costa County. We hope this information inspires you to try many different vegetables in your home garden!

## HOW TO USE THIS PLANTING GUIDE:

Use this Planting Guide if your garden is in one of the interior regions of Contra Costa County (Sunset Zone 14, 15, or 16). These regions are influenced both by ocean air and inland air. The interior regions include Central and Eastern parts of Contra Costa County.

For more information on cultural needs of listed vegetables and advice for managing pests, diseases and other plant problems, contact our Help Desk as shown below, or consult the websites listed for each vegetable variety. If you cannot locate the recommended varieties, other appropriate varieties may be found at reputable nurseries in the area where your garden is located.

Happy gardening and eating!

PLANT	PLANTING TIME & RECOMMENDED VARIETIES (INTERIOR REGIONS)
ARTICHOKE	<p><b>DECEMBER:</b> Start seeds indoors.</p> <p><b>MARCH:</b> Plant outside.</p> <p><i>Plant in partial shade to reduce summer heat. Grow as annual with fall harvest to avoid crop damage from winter frost. Plant may winter over if temperature stays above 25° F. After fall harvest, cut crown to one inch above ground and mulch heavily to protect from winter cold.</i></p> <p><b>VARIETY:</b> Imperial Star.</p> <p><a href="http://ipm.ucanr.edu/PMG/GARDEN/VEGES/artichokes.html">http://ipm.ucanr.edu/PMG/GARDEN/VEGES/artichokes.html</a></p> <p><a href="https://vric.ucdavis.edu/pdf/artichoke_GrowingArtichokes.pdf">https://vric.ucdavis.edu/pdf/artichoke_GrowingArtichokes.pdf</a></p>
ASPARAGUS	<p><b>DECEMBER-MARCH:</b> Plant crowns.</p> <p><i>Grown as perennial with production 15+ years. Takes several years to develop full harvest.</i></p> <p><b>VARIETIES:</b> UC 157, Mary Washington, Jersey Knight and UC 72.</p> <p><a href="https://vric.ucdavis.edu/pdf/asparagus_growingasparagus.pdf">https://vric.ucdavis.edu/pdf/asparagus_growingasparagus.pdf</a></p> <p><a href="http://ipm.ucanr.edu/PMG/GARDEN/VEGES/asparagus.html">http://ipm.ucanr.edu/PMG/GARDEN/VEGES/asparagus.html</a></p>
BEANS (LIMA)	<p><b>MAY:</b> Sow seeds in place.</p> <p><b>VARIETIES:</b> Burpee Improved Bush and Mary Fordhook Bush.</p>



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<b>BEANS</b> (SAP, BUSH OR POLE)	<p><b>MAY-EARLY JUNE:</b> Sow seed in place. Plant successive crops of bush beans as late as mid-July. <i>Hot temps (above 80° F) may reduce bean set.</i></p> <p><b>VARIETIES:</b> Tendergreen (bush), Cherokee Wax (bush), Butter Crisp (bush), Romano (bush and pole) and Kentucky Blue (pole).</p> <p><a href="http://ipm.ucanr.edu/PMG/GARDEN/VEGES/beans.html">http://ipm.ucanr.edu/PMG/GARDEN/VEGES/beans.html</a> <a href="https://vric.ucdavis.edu/pdf/beans.pdf">https://vric.ucdavis.edu/pdf/beans.pdf</a></p>
<b>BEETS</b>	<p><b>MARCH-SEPTEMBER:</b> Sow seed in place.</p> <p><b>VARIETIES:</b> Early Wonder, Detroit Dark Red, Ruby Queen (red), Burpee Golden and Chioggia (alternating white &amp; red rings).</p>
<b>BOK CHOY</b> (PAC CHOI)	<p><b>FEB-MAR OR SEP-NOV:</b> Sow seed in place. <i>Protect from snails and slugs.</i></p>
<b>BROCCOLI,</b> <b>CHINESE</b> (KAI-LAN)	<p><b>JANUARY-FEBRUARY:</b> Start seeds indoors. Transplant six weeks later.</p> <p><b>VARIETIES:</b> Green Lance and Ryokuho.</p>
<b>BROCCOLI</b>	<p><b>MID-FEB TO MID-MAR:</b> Plant seedlings for early summer harvest. <b>AUG-SEPT:</b> Plant seedlings for winter harvest. <i>Start seeds 6-8 weeks before transplant.</i></p> <p><b>VARIETIES FOR SPRING PLANTING:</b> Green Goliath, Calabrese, Umpqua and Nutribud. <b>VARIETIES FOR FALL PLANTING:</b> Watham 29, Packman F and Romanesco.</p> <p><a href="http://ipm.ucanr.edu/PMG/GARDEN/VEGES/broccoli.html">http://ipm.ucanr.edu/PMG/GARDEN/VEGES/broccoli.html</a> <a href="https://vric.ucdavis.edu/pdf/broccoli.pdf">https://vric.ucdavis.edu/pdf/broccoli.pdf</a></p>
<b>BROCCOLI</b> <b>RAAB</b>	<p><b>FEBRUARY-MARCH OR OCT-NOV:</b> Plant seedlings. Start seeds 6 weeks before transplant. <i>Best grown in cool weather.</i></p> <p><b>VARIETIES FOR SPRING PLANTING:</b> Spring Rapini. <b>VARIETIES FOR FALL PLANTING:</b> Early Fall Rapini and Marzatica.</p>
<b>BRUSSELS</b> <b>SPROUTS</b>	<p><b>BY JULY 1:</b> Plant seedlings of long-season varieties by July 1. Seedlings of short season varieties may be planted to Mid-Aug. Start seeds indoors 6 weeks earlier.</p> <p><b>LONG SEASON VARIETIES:</b> Diablo and Long Island Improved. <b>SHORT SEASON VARIETIES:</b> Bubbles, Jade Cross and Royal Marvel.</p> <p><a href="http://ipm.ucanr.edu/PMG/GARDEN/VEGES/brusselspr.html">http://ipm.ucanr.edu/PMG/GARDEN/VEGES/brusselspr.html</a></p>



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<b>CABBAGE</b>	<p><b>FEBRUARY-MARCH:</b> Plant seedlings for early summer harvest.  <b>SEPTEMBER-NOVEMBER:</b> Plant seedlings for winter harvest.  <i>Start seeds six weeks before transplant.</i></p> <p><b>VARIETIES FOR SPRING/SUMMER PLANTING:</b> Early Jersey Wakefield, Winningstadt, Red Drumhead and many others.  <b>VARIETIES FOR FALL PLANTING:</b> January King and Danish Ballhead.</p> <p><a href="http://ipm.ucanr.edu/PMG/GARDEN/VEGES/cabbage.html">http://ipm.ucanr.edu/PMG/GARDEN/VEGES/cabbage.html</a>  <a href="https://vric.ucdavis.edu/pdf/cabbage.pdf">https://vric.ucdavis.edu/pdf/cabbage.pdf</a></p>
<b>CANTALOUPE, HONEYDEW and RELATED MELONS</b>	<p><b>LATE APRIL:</b> Sow seed in 4 inch bottomless containers.  <b>MAY-EARLY JUNE:</b> Plant seedlings.</p> <p><b>VARIETIES:</b> Hale’s Best, Honeydew, Casaba, Minnesota Midget, Early Sweet and Pulsar.</p> <p><a href="http://ipm.ucanr.edu/PMG/GARDEN/VEGES/cantaloupe.html">http://ipm.ucanr.edu/PMG/GARDEN/VEGES/cantaloupe.html</a>  <a href="https://vric.ucdavis.edu/pdf/canthon.pdf">https://vric.ucdavis.edu/pdf/canthon.pdf</a></p>
<b>CARROTS</b>	<p><b>FEBRUARY-MAY:</b> Sow seed in place for summer harvest.  <b>AUGUST-OCTOBER:</b> Sow seed in place for winter harvest.</p> <p><b>VARIETIES:</b> *Danvers ½ Long, *Thumbelina, Nantes and Royal Chantenay.  <i>(*excellent for heavy soil)</i></p> <p><a href="http://ipm.ucanr.edu/PMG/GARDEN/VEGES/carrots.html">http://ipm.ucanr.edu/PMG/GARDEN/VEGES/carrots.html</a>  <a href="https://vric.ucdavis.edu/pdf/carrot.pdf">https://vric.ucdavis.edu/pdf/carrot.pdf</a></p>
<b>CAULIFLOWER</b>	<p><b>FEB-MARCH:</b> Plant seedlings for early summer harvest. Start seeds 6 weeks before transplant.  <b>SEPT-OCT:</b> Plant seedlings for winter harvest. Start seeds 6 weeks before transplant.</p> <p><b>VARIETIES:</b> White Corona, Ravella and Snowball.</p> <p><a href="http://ipm.ucanr.edu/PMG/GARDEN/VEGES/cauliflower.html">http://ipm.ucanr.edu/PMG/GARDEN/VEGES/cauliflower.html</a>  <a href="https://vric.ucdavis.edu/pdf/cauliflower.pdf">https://vric.ucdavis.edu/pdf/cauliflower.pdf</a></p>
<b>CELERY</b>	<p><b>FEBRUARY-MARCH:</b> Start seeds Feb-Mar for transplanting outside May-June.  <i>Plant in partial shade to reduce summer heat.</i></p> <p><b>VARIETIES:</b> Tall Utah 52-70, Golden Self Blanching and Ventura.</p> <p><a href="https://vric.ucdavis.edu/pdf/celery.pdf">https://vric.ucdavis.edu/pdf/celery.pdf</a>  <a href="http://ipm.ucanr.edu/PMG/selectnewpest.celery.html">http://ipm.ucanr.edu/PMG/selectnewpest.celery.html</a></p>
<b>CHARD</b>	<p><b>MARCH-MAY AND SEPT-OCT:</b> Sow seed in place or start indoors 6 weeks before transplant.  <b>VARIETIES:</b> Rhubarb, Fordhook and Bright Lights.</p>
<b>CORN (SWEET)</b>	<p><b>MAY-JULY:</b> Sow seed in place.</p> <p><b>VARIETIES:</b> Silver Queen, Peaches &amp; Cream, Sugar Dots and Golden Bantam.</p> <p><a href="http://ipm.ucanr.edu/PMG/GARDEN/VEGES/sweetcorn.html">http://ipm.ucanr.edu/PMG/GARDEN/VEGES/sweetcorn.html</a>  <a href="https://vric.ucdavis.edu/pdf/corn.pdf">https://vric.ucdavis.edu/pdf/corn.pdf</a></p>



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<b>CUCUMBER</b>	<p><b>MARCH-MAY:</b> Start seeds Mar-May for transplanting outdoors May-June.  <b>SLICING VARIETIES:</b> Straight Eight, Salad Bush and Tasty Green.  <b>PICKLING VARIETIES:</b> Liberty Hybrid, County Fair 83 and Pot Luck.  <a href="http://ipm.ucanr.edu/PMG/GARDEN/VEGES/cucumbers.html">http://ipm.ucanr.edu/PMG/GARDEN/VEGES/cucumbers.html</a>  <a href="https://vric.ucdavis.edu/pdf/cucumber.pdf">https://vric.ucdavis.edu/pdf/cucumber.pdf</a></p>
<b>EGGPLANT</b>	<p><b>BY MARCH 1<sup>ST</sup>:</b> Start seeds indoors by March 1. Set out after all danger of frost or after April 15<sup>th</sup>.  <b>VARIETIES:</b> Ichiban, Black Beauty, Dusky and Rosa Bianco.  <a href="http://ipm.ucanr.edu/PMG/GARDEN/VEGES/eggplant.html">http://ipm.ucanr.edu/PMG/GARDEN/VEGES/eggplant.html</a>  <a href="https://vric.ucdavis.edu/pdf/eggplant.pdf">https://vric.ucdavis.edu/pdf/eggplant.pdf</a></p>
<b>ENDIVE, CHICORY (INCLUDING RADICCHIO)</b>	<p><b>JANUARY-FEBRUARY:</b> Start seeds Jan-Feb for planting out in Feb-March for early summer harvest.  <b>JULY-AUGUST:</b> Plant seedlings to mature in fall/winter.  <i>Select variety based on whether you like broad-leaf escarole or curled leaves of frisee.</i>  <b>VARIETIES:</b> Perfect (broad-leaf), Neos (frisee), Full Heart Batavian (frisee), Green Curled (frisee) and Palla Rossa Special (raddichio).</p>
<b>GARLIC</b>	<p><b>OCTOBER 15 - DECEMBER 15:</b> Plant bulbs.  <i>Start with purchased garlic bulbs. Best to use nursery bulbs that are certified disease free. Planting early increases bulb size.</i>  <b>VARIETIES:</b> Early Italian Purple and California Late.  <a href="https://vric.ucdavis.edu/pdf/garlic.pdf">https://vric.ucdavis.edu/pdf/garlic.pdf</a>  <a href="http://ipm.ucanr.edu/PMG/GARDEN/VEGES/onions.html">http://ipm.ucanr.edu/PMG/GARDEN/VEGES/onions.html</a></p>
<b>KOHLRABI</b>	<p><b>FEBRUARY-MARCH:</b> Sow seed in place or plant seedlings.  <b>SEPTEMBER-OCTOBER:</b> Plant seedlings.  <b>VARIETIES:</b> Early Purple Vienna and Early White Vienna.</p>
<b>LEEKS</b>	<p><b>FEBRUARY-APRIL OR IN SEPTEMBER:</b> Sow seed in place.  <i>For baby leeks, plant a summer variety. For fall/winter harvest of fully developed bulbs, plant a winter variety.</i></p>
<b>LETTUCE (HEAD)</b>	<p><b>FEBRUARY-MARCH:</b> Sow seed in place in Feb-Mar or plant transplants Feb-April.  <b>VARIETIES:</b> Great Lakes, GL 659 and Empire.  <a href="http://ipm.ucanr.edu/PMG/GARDEN/VEGES/lettuce.html">http://ipm.ucanr.edu/PMG/GARDEN/VEGES/lettuce.html</a>  <a href="https://vric.ucdavis.edu/pdf/lettuce.pdf">https://vric.ucdavis.edu/pdf/lettuce.pdf</a></p>



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<p><b>LETTUCE (ROMAINE; COS)</b></p>	<p><b>AUG-NOV &amp; FEB-MAY:</b> Sow seed in place.  <b>VARIETIES:</b> Little Caesar, Little Gem, Parris Island and Rouge d’Hiver.  <a href="http://ipm.ucanr.edu/PMG/GARDEN/VEGES/lettuce.html">http://ipm.ucanr.edu/PMG/GARDEN/VEGES/lettuce.html</a>  <a href="https://vric.ucdavis.edu/pdf/lettuce.pdf">https://vric.ucdavis.edu/pdf/lettuce.pdf</a></p>
<p><b>LETTUCE (LOOSE)</b></p>	<p><b>AUG-NOV &amp; FEB-MAY:</b> Sow seed in place.  <b>VARIETIES:</b> Red Sails, Simpson Elite, Crispy Frills and Oak Leaf.  <a href="http://ipm.ucanr.edu/PMG/GARDEN/VEGES/lettuce.html">http://ipm.ucanr.edu/PMG/GARDEN/VEGES/lettuce.html</a>  <a href="https://vric.ucdavis.edu/pdf/lettuce.pdf">https://vric.ucdavis.edu/pdf/lettuce.pdf</a></p>
<p><b>OKRA</b></p>	<p><b>APRIL-JUNE:</b> Start seeds indoors Apr-June and transplant May-July.  <i>Interior locations can grow early or standard varieties.</i>  <b>EARLY VARIETIES:</b> Cajun Delight and Emerald.  <b>STANDARD VARIETIES:</b> Clemson Spineless and Red Burgundy.  <a href="https://vric.ucdavis.edu/pdf/okra.pdf">https://vric.ucdavis.edu/pdf/okra.pdf</a></p>
<p><b>ONIONS</b></p>	<p><b>NOVEMBER-JANUARY:</b> Start seeds indoors Nov-Jan or sow in place February-October.  <i>To produce green onions (scallions), plant seeds or sets in place Feb-Oct. To produce large bulbs, plant seedlings in Mid February. Start seeds indoors 6-8 weeks before transplant date or buy seedlings at a nursery.</i>  <b>VARIETIES:</b> White Sweet, Spanish Early, Yellow Globe, Southport, Red Globe, Red Torpedo, Beltsville Bunching and White Lisbon.  <a href="http://ipm.ucanr.edu/PMG/GARDEN/VEGES/onions.html">http://ipm.ucanr.edu/PMG/GARDEN/VEGES/onions.html</a>  <a href="https://vric.ucdavis.edu/pdf/onion.pdf">https://vric.ucdavis.edu/pdf/onion.pdf</a></p>
<p><b>PARSLEY</b></p>	<p><b>OCT-MAY:</b> Start seeds inside and expect long germination period or use nursery seedlings.  <b>VARIETIES:</b> Dark Green Italian and Dwarf Curled.</p>
<p><b>PARSNIP</b></p>	<p><b>AUG-SEPT:</b> Sow seed in place for winter harvest.  <i>Cool weather improves flavor.</i></p>
<p><b>PEAS</b></p>	<p><b>FEB-MARCH AND AUGUST-SEPT:</b> Sow seed in place.  <b>VARIETIES:</b> Super Sugar Snaps, Snowbird and Wando.  <a href="http://ipm.ucanr.edu/PMG/GARDEN/VEGES/peas.html">http://ipm.ucanr.edu/PMG/GARDEN/VEGES/peas.html</a>  <a href="https://vric.ucdavis.edu/pdf/pea.pdf">https://vric.ucdavis.edu/pdf/pea.pdf</a></p>
<p><b>PEPPERS, SWEET and HOT</b></p>	<p><b>BY MARCH 1<sup>ST</sup>:</b> Start seeds indoors.  <i>Set out seedlings when night temperatures are above 45° F (about May in interior locations).</i>  <b>VARIETIES:</b> Yolo Wonder, Sweet Banana, Hungarian Red, Cayenne, Anaheim Chili and Yellow (Wax).  <a href="http://ipm.ucanr.edu/PMG/GARDEN/VEGES/peppers.html">http://ipm.ucanr.edu/PMG/GARDEN/VEGES/peppers.html</a>  <a href="https://vric.ucdavis.edu/pdf/pepper.pdf">https://vric.ucdavis.edu/pdf/pepper.pdf</a></p>



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<b>POTATOES, SWEET</b>	<p><b>ABOUT MARCH 15:</b> Start slips.</p> <p><i>Sweet potatoes are usually grown from slips. Start slips by slicing a sweet potato in half lengthwise and placing on bed of damp potting soil. Cover with a few inches of soil and keep moist and warm (70-80° F). Roots should develop in a few days, followed by leaves. Transplant at about 4 - 8 inches tall around May 1. Best to obtain nursery produced certified disease-free potatoes or slips.</i></p> <p><a href="https://vric.ucdavis.edu/pdf/potatosw.pdf">https://vric.ucdavis.edu/pdf/potatosw.pdf</a></p>
<b>POTATOES, WHITE</b>	<p><b>FEBRUARY-AUGUST:</b> Plant tuber or seed potato.</p> <p><i>Traditionally grown from pieces of tuber that have at least one bud or eye. Small seed potatoes also available. Use certified disease-free tubers or seed potatoes. Planting after September 1 risks frost kill.</i></p> <p><b>VARIETIES:</b> Many available at nurseries.</p> <p><a href="http://ipm.ucanr.edu/PMG/GARDEN/VEGES/potato.html">http://ipm.ucanr.edu/PMG/GARDEN/VEGES/potato.html</a>  <a href="https://vric.ucdavis.edu/pdf/potato_growingpotatoes.pdf">https://vric.ucdavis.edu/pdf/potato_growingpotatoes.pdf</a></p>
<b>PUMPKINS</b>	<p><b>MAY:</b> Sow seed in place.</p> <p><b>VARIETIES:</b> Lumina (white), Big Max (giant), Connecticut Field, Jack-Be-Little (mini) and Prizewinner (giant).</p> <p><a href="http://ipm.ucanr.edu/PMG/GARDEN/VEGES/pumpkin.html">http://ipm.ucanr.edu/PMG/GARDEN/VEGES/pumpkin.html</a>  <a href="https://vric.ucdavis.edu/pdf/pumpkin.pdf">https://vric.ucdavis.edu/pdf/pumpkin.pdf</a></p>
<b>RADISH</b>	<p><b>YEAR ROUND:</b> Sow seed in place.</p> <p><b>VARIETIES:</b> Most.</p>
<b>RHUBARB</b>	<p><b>JANUARY-MARCH:</b> Plant bare root.</p> <p><b>VARIETIES:</b> Cherry and Canada Red.</p> <p><a href="https://vric.ucdavis.edu/pdf/rhubarb.pdf">https://vric.ucdavis.edu/pdf/rhubarb.pdf</a></p>
<b>RUTABAGA</b>	<p><b>LATE SUMMER:</b> Plant in late summer so that roots mature in cool fall weather.</p>
<b>SPINACH</b>	<p><b>MAR-APR &amp; SEP-OCT:</b> Sow seed in place.</p> <p><b>VARIETIES:</b> Long Standing Bloomsdale, Melody and New Zealand.</p> <p><a href="http://ipm.ucanr.edu/PMG/GARDEN/VEGES/spinach.html">http://ipm.ucanr.edu/PMG/GARDEN/VEGES/spinach.html</a>  <a href="https://vric.ucdavis.edu/pdf/spinach.pdf">https://vric.ucdavis.edu/pdf/spinach.pdf</a></p>
<b>SUMMER SQUASH</b>	<p><b>APRIL-MAY:</b> Sow seed in place.</p> <p><b>VARIETIES:</b> All types including Zucchini, Scallop, Crookneck, Straightneck and Round.</p> <p><a href="http://ipm.ucanr.edu/PMG/GARDEN/VEGES/squash.html">http://ipm.ucanr.edu/PMG/GARDEN/VEGES/squash.html</a>  <a href="https://vric.ucdavis.edu/pdf/squashsm.pdf">https://vric.ucdavis.edu/pdf/squashsm.pdf</a></p>



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WINTER SQUASH	<p><b>APRIL-MAY:</b> Sow seed in place. <b>VARIETIES:</b> Spaghetti, Acorn, Butterbush, Butternut, Hubbard and Sweet Mama. <a href="http://ipm.ucanr.edu/PMG/GARDEN/VEGES/squash.html">http://ipm.ucanr.edu/PMG/GARDEN/VEGES/squash.html</a></p>
TOMATOES	<p><b>MAY 1:</b> Plant seedlings after May 1. Start seeds indoors 6-8 weeks before transplant. <b>VARIETIES:</b> Lemon Boy, Celebrity, Beefsteak, Most heirlooms, Super Tasty, Cherry types and most others. <a href="http://ipm.ucanr.edu/PMG/GARDEN/VEGES/tomato.html">http://ipm.ucanr.edu/PMG/GARDEN/VEGES/tomato.html</a> <a href="https://anrcatalog.ucanr.edu/pdf/8159.pdf">https://anrcatalog.ucanr.edu/pdf/8159.pdf</a></p>
TURNIPS	<p><b>AUGUST-APRIL:</b> Sow seed in place. <b>VARIETIES:</b> Purple Top, White Globe and Hakurie.</p>
WATERMELON	<p><b>APRIL-MAY:</b> Sow seed in place or start seeds indoors in bottomless container 6 weeks before transplant. <b>VARIETIES:</b> Charleston Gray, Carolina Cross, Crimson Sweet, Sugarbaby &amp; most others. <a href="http://ipm.ucanr.edu/PMG/GARDEN/VEGES/watermelon.html">http://ipm.ucanr.edu/PMG/GARDEN/VEGES/watermelon.html</a> <a href="https://vric.ucdavis.edu/pdf/watermelon.pdf">https://vric.ucdavis.edu/pdf/watermelon.pdf</a></p>