


What to Grow and when in your Small Space Salad and Herb Garden in the Metro Vancouver area

Last frost - March 20
First frost - November 10

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Greens

- Kale
- Arugula
- Swiss Chard
- Spinach
- Lettuce

Pollinator Flowers

- Calendula
- Chamomile
- Marigold

Herbs

- Parsley
- Cilantro
- Dill
- Sage
- Rosemary
- Thyme
- Oregano
- Marjoram

Cool Season 1: Mid March – End April
Cool Season 2: October – Early December




Greens

- Kale
- Arugula
- Swiss Chard
- Spinach
- Lettuce

Pollinator Flowers

- Marigold
- Zinnia
- Nasturtium

Herbs

- Parsley
- Cilantro
- Dill
- Sage
- Basil
- Thyme
- Oregano
- Marjoram

Warm Season 1: End April – Mid June
Warm Season 2: Late August – Early October

Full Sun - 6+ hours of sun (does not have to be in a row)

Partial Sun - 2-4 hours or broken light

Because of our persistent clouds, we may only be able to plant partial sun plants in full sun spots for parts of the year.




Greens

- Kale
- Red Lettuce
- Swiss Chard

Pollinator Flowers

- Zinnia

Herbs

- Sage
- Rosemary
- Basil
- Thyme
- Oregano
- Marjoram

Hot Season: Mid June – Late August

If you base these general seasons on what you find online, you may classify our summers as more in the warm season than a hot season.

BUT, I don't know if you've noticed, but our summers have gotten more hot and dry in recent years!

Some varieties of plants have been bred to be bolt-resistant for warmer weather. Bolting is when plants essentially go to seed. Leafy greens tend to taste more bitter and flowers start to come up instead of new leaves or fruits when this happens.

These are general guidelines to let you see what may be possible for your garden this year. Please always check individual seed packages or starter plants for specific transplant or direct sow dates.



Prepared by Tazim for Grow Nourishment. Do not copy.

Root vegetables and alliums, and other edible plants to grow in the Metro Vancouver area

Last frost - March 20
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Root and other Vegetables

- Carrots
- Broccoli
- Cabbage
- Peas
- Radishes
- Brussels sprouts
- Cauliflower

Cool Season 1: Mid March – End April
Cool Season 2: October – Early December



Root and other Vegetables

- Bush beans
- Cucumbers
- Squash
- Zucchini
- Bell peppers
- Tomatoes
- Potatoes
- Beets
- Turnips

Alliums

- Fennel
- Shallots
- Scapes

Warm Season 1: End April – Mid June
Warm Season 2: Late August – Early October



Vegetables

- Eggplants
- Okra
- Tomatillos
- Hot peppers
- Sweet potatoes

Hot Season: Mid June – Late August

Tomatoes – plant these outdoors starting in late May. They will love the warm and hot weather!

Garlic, onions, asparagus, and rhubarb – plant these between the middle of October and the middle of November.

We always want to have **pollinator flowers**, when possible in the season we're in, to help out our butterfly and bee friends and to aid in preventing undesirable pests from getting to our vegetables and herbs.

Companion planting is also a great mutually beneficial way to plan your garden. For instance, basil works well near tomatoes.

If you're feeling overwhelmed or have been struggling in your garden (or want to get one started),

[CLICK HERE -->book a 30-Minute Coaching Session.](#)

