

TMAPS — Sowing & Harvest Calendar · Toronto, ON (Zone 6b)

Last frost: ~Apr 15 · First frost: ~Oct 15 | I = Start Indoors S = Direct Sow H = Harvest

Crop	Start Indoors		S = Direct Sow			H = Harvest			✦ Indigenous			★ Cultural	Notes
Crop	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Notes
HERBS													
Basil				I	I		S		H	H	H	H	Start indoors mid-Apr; move out after May 24
Chives			I			S		H	H	H	H		Perennial — regrows every year
Cilantro					S	S		H	H		S	S	Sow cool season only; bolts in heat
Parsley			I	I		S	S		H	H	H	H	Slow germinator — soak seeds overnight
Dill						S	S		H	H	H		Direct sow only; never transplant
LEAFY GREENS													
Lettuce				S	S	H	H		S	S		H	Succession sow every 2–3 weeks
Spinach			S	S	H	H				S	S	H	Spring and fall only — bolts in summer
Kale			I	S	S	S	H	H	H	H	H	H	Cold-hardy; harvest into early winter
Arugula				S	S	H	H			S	S	H	Fast crop; resow Aug for fall
Swiss Chard					S	S	H	H	H	H	H		Long productive season through fall
CULTURALLY SIGNIFICANT VEGETABLES													
Okra ★				I	I	I			H	H	H	H	Delay outdoor planting to Jun; needs warm nights
Amaranth ✦						S	S		H	H	H	H	Harvest grain in fall when plumes dry
Bitter Melon ★						I	S		S	H	H	H	Nick & soak seeds; use black plastic mulch
THREE SISTERS — Indigenous (Haudenosaunee)													
Corn (flint/flour) ✦							S		H	H	H	H	Plant in block for wind pollination
Pole Beans ✦							S	S		H	H	H	Plant 2–3 wks after corn is up
Winter Squash ✦							I	S	H	H	H		Harvest before first frost in Oct
Sunflower ✦						S	S		H	H	H		Direct sow only; Fourth Sister
COMMON VEGETABLES													
Tomatoes (cherry)			I	I		S	S		H	H	H		Start indoors Mar; plant out May 24+
Radishes					S	H	H	H		S	S	H	3–4 week turnaround; fastest crop
Peas (snap)					S	S	H	H					Cool season only; done by July
Zucchini						I	S		H	H	H		1 plant is enough — take only 2–3 seeds
Cucumbers						I	S		H	H	H		Trellis saves space

TMAPS — Sowing & Harvest Calendar · Toronto, ON (Zone 6b)

Last frost: ~Apr 15 · First frost: ~Oct 15 | I = Start Indoors S = Direct Sow H = Harvest

Crop	Start Indoors		S = Direct Sow			H = Harvest			✦ Indigenous			★ Cultural	Notes
Crop	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Notes
FLOWERS — Annual & Native Perennial													
Marigolds					I	S		H	H	H	H		Companion plant; deters tomato pests
Nasturtium						S		H	H	H	H		Direct sow only; edible flowers + leaves
Zinnia						S	S		H	H	H	H	Cut often to extend blooms all season
Coneflower (Echinacea) ✦				I	S		S						Perennial; blooms from year 2 onward
Black-eyed Susan ✦				I	S		S		H	H	H		Self-seeds readily once established
Bee Balm / Bergamot ✦			I	I			S		H	H	H		Fourth Sister; attracts hummingbirds

Toronto sits on the Dish With One Spoon Territory — the traditional lands of the Haudenosaunee, Anishinaabe and Huron-Wendat peoples.