



NOURISH PLANTING GUIDE

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC	GOOD SOURCE OF
Beans													
SOW INDOORS													
SOW OUTDOORS													
HARVEST													
													FIBER VITAMIN C
Beet													
SOW INDOORS													
SOW OUTDOORS													
HARVEST													
													FIBER FOLATE
Broccoli													
SOW INDOORS													
SOW OUTDOORS													
HARVEST													
													VITAMIN C VITAMIN K
Brussels Sprouts													
SOW INDOORS													
SOW OUTDOORS													
HARVEST													
													VITAMIN C VITAMIN K
Cabbage													
SOW INDOORS													
SOW OUTDOORS													
HARVEST													
													VITAMIN C VITAMIN K FOLATE
Carrot													
SOW INDOORS													
SOW OUTDOORS													
HARVEST													
													VITAMIN A
Cauliflower													
SOW INDOORS													
SOW OUTDOORS													
HARVEST													
													VITAMIN C VITAMIN K FOLATE VITAMIN B6
Corn													
SOW INDOORS													
SOW OUTDOORS													
HARVEST													
													THIAMIN FIBER
Cucumber													
SOW INDOORS													
SOW OUTDOORS													
HARVEST													
													VITAMIN K
Garlic													
SOW INDOORS													
SOW OUTDOORS													
HARVEST													
													VITAMIN C VITAMIN B6
Kale													
SOW INDOORS													
SOW OUTDOORS													
HARVEST													
													VITAMIN K VITAMIN C VITAMIN A
Leek													
SOW INDOORS													
SOW OUTDOORS													
HARVEST													
													VITAMIN K VITAMIN C VITAMIN A
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	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC	GOOD SOURCE OF
Lettuce													
SOW INDOORS			■										
SOW OUTDOORS			■	■	■	■	■	■	■	■			VITAMIN A VITAMIN K
HARVEST					■	■	■	■	■	■	■		
Melon													
SOW INDOORS					■								
SOW OUTDOORS					■	■							VITAMIN C POTASSIUM
HARVEST								■	■	■			
Onion													
SOW INDOORS		■	■										
SOW OUTDOORS			■	■	■	■							VITAMIN C VITAMIN B6
HARVEST					■	■	■	■	■	■			
Peas													
SOW INDOORS			■	■									
SOW OUTDOORS				■	■	■							VITAMIN A VITAMIN C VITAMIN K FOLATE, NIACIN
HARVEST						■	■	■	■	■			
Pepper													
SOW INDOORS			■	■									
SOW OUTDOORS				■	■	■							VITAMIN C VITAMIN B6
HARVEST						■	■	■	■	■			
Potato													
SOW INDOORS													
SOW OUTDOORS				■	■	■							VITAMIN C VITAMIN B6 FOLATE NIACIN
HARVEST								■	■	■			
Pumpkin													
SOW INDOORS					■								
SOW OUTDOORS					■	■							VITAMIN A VITAMIN C FOLATE
HARVEST								■	■	■			
Radish													
SOW INDOORS													
SOW OUTDOORS				■	■	■	■	■	■	■			VITAMIN C
HARVEST					■	■	■	■	■	■			
Spinach													
SOW INDOORS													
SOW OUTDOORS				■	■	■	■	■	■	■			VITAMIN A VITAMIN C VITAMIN K
HARVEST					■	■	■	■	■	■	■		
Sweet Potato													
SOW INDOORS													
SOW OUTDOORS					■	■							VITAMIN A VITAMIN C VITAMIN B6
HARVEST									■	■			
Swiss Chard													
SOW INDOORS			■	■									
SOW OUTDOORS				■	■	■	■	■	■	■			VITAMIN A VITAMIN K
HARVEST						■	■	■	■	■	■		
Tomato													
SOW INDOORS			■	■									
SOW OUTDOORS					■	■							VITAMIN A VITAMIN C
HARVEST						■	■	■	■	■			
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