



Planting to Nutrition Maturity Chart

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| Green Beans | 50-60 days | Vitamin A |
| Lima Beans | 60-70 days | Vitamin A |
| Beets | 55-65 days | Vitamin A |
| Broccoli | 60-90 days | Vitamin A & C |
| Cabbage | 70-100 days | Vitamin A |
| Chinese Cabbage | 50-80 days | Vitamin A, C & Calcium |
| Cantaloupe | 80-100 days | Vitamin A & C |
| Carrot | 70-100 days | Vitamin A |
| Cauliflower | 70-90 days | Vitamin A |
| Celery | 100-120 days | Vitamin A & B6 |
| Chives | 80-100 days | Vitamin A |
| Collards | 80-90 days | Vitamin A & C |
| Sweet Corn | 70-100 days | Vitamin A |
| Pop Corn | 90-120 days | Vitamin A |
| Cucumber | 65-75 days | Vitamin A & C |
| Eggplant | 85-100 days | Vitamin A |
| Endive | 80-90 days | Vitamin A |
| Fennel | 120 days | Vitamin A |
| Garlic | 100 days | Vitamin A & C |
| Kale | 55-80 days | Vitamin A & C |
| Kohlrabi | 55-60 days | Vitamin C |
| Leek | 120 days | Vitamin A & C |
| Leaf Lettuce | 45-50 days | Vitamin A & B6 |
| Head Lettuce | 65-80 days | Vitamin A |
| Mustard | 40-45 days | Vitamin A & C |
| Okra | 60-80 days | Vitamin A & C |
| Onion | 100-120 days | Vitamin A, B6, & C |
| Parsley | 80-85 days | Vitamin A & C |
| Parsnips | 140 days | Vitamin C |
| Garden Peas | 55-65 days | Vitamin A |
| Shelled Peas (Vignas) | 75-90 days | Vitamin A |
| Pepper | 80-100 days | Vitamin A, B6, & C |
| Radish | 25-35 days | Vitamin C |
| Rutabaga | 80-90 days | Vitamin C |
| Spinach | 70-80 days | Vitamin A |
| Squash | 80-120 days | Vitamin A !! |
| Swiss Chard | 55-60 days | Vitamin A |
| Tomato | 70-90 days | Vitamin A & C |
| Watermelon | 85-100 days | Vitamin A |

“He who plants a seed has faith that it will grow and he who has faith has hope.”