

Category	Crop	Botanical Name	Sowing	Planting	Winter Harvest	Protected (P)/Open field (O)	Storage	Frost Hardiness
01 Endives/Cichories	Winter Endive	<i>Cichorium endivia</i>	M-E 07	M-E 08	10-12	O/P	Yes	❄
	Cutting Endives	<i>Cichorium endivia</i>	M 08-A 09	-	10-12	O/P	No	❄
	Sugarloaf	<i>Cichorium intybus</i> var. <i>foliosum</i>	E 06-B 07	E 07	11-03	O	Yes	❄❄❄
	Radicchio	<i>Cichorium intybus</i> var. <i>foliosum</i>	B-M 07	B 08	11-12	O	Yes	❄❄
	Castelfranco	<i>Cichorium intybus</i> var. <i>foliosum</i>	M 07	A 08	11-12	O/P	No	❄
	Leafy Catalogna	<i>Cichorium intybus</i> var. <i>foliosum</i>	M-E 08	M-E 08	11-12	O	No	❄❄❄
	Leafy Cichories	<i>Cichorium intybus</i> var. <i>foliosum</i>	E 08	-	11-12	O	No	❄❄❄
	Leafy Cichories	<i>Cichorium intybus</i> var. <i>foliosum</i>	E 08-A 09	-	11-03	P	No	❄❄❄
	Cichory	<i>Cichorium intybus</i> var. <i>foliosum</i>	M 05	-	12-03	F (Forcing)	Yes (Roots)	❄❄❄
02 Lettuces	Stem Lettuce, Celtuce	<i>Lactuca sativa</i> var. <i>angustana</i>	B 08	E 08	11-01	O/P	No	❄❄
	Leafy Lettuce	<i>Lactuca sativa</i> var. <i>crispa</i>	B 08	E 08	11-01	O/P	No	❄❄
			E 08	E 09	11-01	P	No	❄❄
			E 09- B 10	M 10-B 11	02-03	P	No	❄❄
	Romaine, Cos Lettuce	<i>Lactuca sativa</i> var. <i>longifolia</i>	B 08	E 08	11-01	O/P	No	❄❄
			E 08	E 09	11-01	P	No	❄❄
			E 09- A 10	M 10-A 11	02-03	P	No	❄❄
	Butterhead Lettuce	<i>Lactuca sativa</i> var. <i>capitata</i>	B 08	E 08	11-01	O/P	No	❄❄
			E 08	E 09	11-01	P	No	❄❄
			E 09- B 10	M 10-B 11	02-03	P	No	❄❄
	Iceberg, Crisphead Lettuce	<i>Lactuca sativa</i> var. <i>capitata</i>	B 08	E 08	11-01	O/P	No	❄❄
			E 08	E 09	11-01	P	No	❄❄
			E 09- B 10	M 10-B 11	02-03	P	No	❄❄
	Babyleaf-, Looseleaf-Lettuces	<i>Lactuca sativa</i>	B-E 09	E 09-M 10	10-03	P	No	❄❄❄
		M-E 10	B-M 11	01-03	P	No	❄❄❄	
		M 09	A 10	01-03	O	No	❄❄❄	

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03 Salads	Corn Salad	<i>Valerianella locusta</i>	M 08- B 09	-	E 10 – M 11	O	No	***
			E 09	-	B-M 03	O	No	***
			B 09- A 10	B 10-M 11	E 10-M 12	P	No	***
			B 10	-	02	P	No	***
			B 01	-	M 03	P	No	***
	Japanese-Greens, Oriental Greens	<i>Brassica rapa</i> , <i>Brassica juncea</i>	E 09	B 10	B-E 11	O	No	***
			B-E 10	M 10-M 11	11-03	P	No	***
			B 11	-	02-03	P	No	***
	Rocket, Arugula	<i>Eruca sativa</i> , <i>Diplotaxis tenuifolia</i>	E 08-B 09	M-E 09	11	O	No	***
			M 09-M 10	B 10-B 11	11-03	P	No	
			E 10	M 11	01-03	P	No	***
	Claytonia	<i>Claytonia perfoliata</i>	08-09	09-10	11-03	O, P	No	***
	Garden Cress	<i>Lepidium sativum</i>	E 09- M 10	-	11-12	P	No	***
			B 11	-	02-03	P	No	***
	Winter Cress	<i>Barbarea vulgaris</i>	08	-	E 10-E 03	O, P	No	***
	Watercress	<i>Nasturtium officinale</i>	08-E 09	-	E 10-E 03	O, P	No	***
	Scurvygrass	<i>Cochlearia officinalis</i>	05-07	06-M 08	11-03	O, P	No	***
	Garden Sorrel	<i>Rumex acetosa</i>	03-04	04-05	11-12 02-03	O/P	No	***
	French Sorrel, Shield-leaf sorrel	<i>Rumex scutatus</i>	03-04	04-05	11-12 02-03	O/P	No	***
	Sorrel Dock, Bloody Dock, Red Dock	<i>Rumex sanguineus</i>	04	05	11-12 02-03	O	No	***
			M-E 08	M 09	11-03	P	No	***
	Leafy Beet	<i>Beta vulgaris</i>	B 09	-	11-12	O	No	*
			E 09	-	11-12	P	No	*
			M 10	-	02-03	P	No	*
	Minutina, Buck's-horn Plantain, Erba stella	<i>Plantago coronopus</i>	B 09	E 09	E 10-E 03	P	No	***
	Garland Chrysanthemum, Edible chrysanthemum	<i>Glebionis coronaria</i>	M 09-E 09	B 10-M 10	11	O	No	**
			E 09-M 10	M 10-B 11	11-03	P	No	**
			E 10	-	02-03	P	No	**
	Leafy Poppy	<i>Papaver rhoeas</i>	E 08-E 09	E 09- E10	11-03	O/P	No	***
			B 10	B 11	02-03	P	No	***
	Sedanina, Fool's-Water-Cress	<i>Helosciadium nodiflorum</i>	03-04	04-05	11-03	O	No	***
	Alisander, Horse Parsley	<i>Smyrniolum olustratum</i>	05	06	11-12 03	O	No	***
			M-E 08	M-E 09	11-03	P	No	***

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04 Herbs	Parsley	<i>Petroselinum crispum</i>	M 07- B 08 E 08-B 09	- -	11-12 11-03	O P	No	***	
	Cutting Celery	<i>Apium graveolens</i> var. <i>secalinum</i>	M 06	-	11-12 11-03	O P	No	**	
	Garden Chervil	<i>Anthriscus cerefolium</i>	E 07	E 08	11-12 11-03	O P	No	***	
	Coriander, Chinese Parsley	<i>Coriandrum sativum</i>	E 07-E 08 B-M 09	- -	11-03 02-03	O/P P	No No	** ***	
	Chives	<i>Allium schoenoprasum</i>	B 02 E 03-B 04	M 03 -	E 11-E 03 E 11-E 03	O (Forcing room) O (Forcing room)	No No	*** ***	
	Thyme	<i>Thymus vulgaris</i>	03	04	11-12 11-03	O P	No	***	
	Oregano	<i>Origanum vulgare</i>	05	-	11-12 03	O	No	***	
	05 Kales and Cabbages	White and Red Cabbage	<i>Brassica oleracea</i> conv. <i>capitata</i>	M-E 04	B 06	11-12	O	Yes	**
		Savoy Cabbage	<i>Brassica oleracea</i> conv. <i>capitata</i>	05	E 06-B 07	11-02	O	Yes	(*)**
		Butter Cabbage	<i>Brassica oleracea</i> conv. <i>capitata</i>	05	E 06-B 07	11-02	O	Yes	**
Leaf Cabbage, Kale		<i>Brassica oleracea</i> var. <i>sabellica</i>	05	06-B 08	11-03	O	No	***	
Tuscan Kale, Palm Tree Kale		<i>Brassica oleracea</i> var. <i>palmifolia</i>	05-06	E 06-E 07	11-12	O	No	(*)*	
Perpetual Kale		<i>Brassica oleracea</i> var. <i>ramosa</i>	-	03-09	12-03	O	No	***	
Ornamental Kale		<i>Brassica oleracea</i> var. <i>acephala</i>	M 06	M 07	11-03	O	No	(**)*	
Brussels Sprout		<i>Brassica oleracea</i> var. <i>gemmifera</i>	M-E 04	05- B 06	11-03	O	Yes	***	
Cauliflower		<i>Brassica oleracea</i> var. <i>botrytis</i>	B-M 07	B-M 08	11-12	O	Yes	*	
Broccoli		<i>Brassica oleracea</i> var. <i>italica</i>	B-M 07	B-M 08	11-12	O	No	*	
Sprouting Broccoli		<i>Brassica oleracea</i> var. <i>italica</i>	05 06	06 07	11-12 02-03	O	No	**	
Chinese Cabbage		<i>Brassica rapa</i> ssp. <i>pekinensis</i>	E 07-B 08	-	11-12	O/P	Yes	**	
Pak Choi, Senfkohl		<i>Brassica rapa</i> ssp. <i>chinensis</i>	E 08- B 09	-	11-02	O/P	No	**	
Kohlrabi		<i>Brassica oleracea</i> var. <i>gongylodes</i>	E 07	M-E 08	11-01	P	Yes	**	
06 Spinaches		Spinach	<i>Spinacia oleracea</i>	B-E 08 B 09 B-M 10	B-M 09 E 09 B 11	11-03 11-03 02-03	O O/P P	No	***
	Swiss Chard	<i>Beta vulgaris</i> ssp. <i>vulgaris</i>	05 E 07-B 08 M 09	06 M-E 08 M 10	07-03 11-03 02-03	O/P O/P P	No	**	
	Chard Babyleaf	<i>Beta vulgaris</i> ssp. <i>vulgaris</i>	B 09 E 09 M 10	- - -	11-03 11-03 02-03	O P P	No	**	

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07 Roots and Tubers	Carrot (for Storing)	<i>Daucus carota</i> ssp. <i>sativus</i>	B-M 06	-	11	O	Yes	❄️❄️
	Bunched Carrots	<i>Daucus carota</i> ssp. <i>sativus</i>	B-M 08	-	11-03	P	No	
	Celery	<i>Apium graveolens</i>	B 02	M 05	11	O	Yes	❄️❄️
	Beetroot	<i>Beta vulgaris</i> ssp. <i>vulgaris</i>	B-M 06	-	11	O	Yes	❄️
	Parsnip	<i>Pastinaca sativa</i>	04	-	E 10-03	O	Yes	❄️❄️❄️
	Root Parsley	<i>Petroselinum crispum</i> ssp. <i>tuberosum</i>	M-E 04	-	11-03	O	Yes	❄️❄️❄️
	Radish	<i>Raphanus sativus</i> ssp. <i>sativus</i>	M-E 09	-	E 10 – A 11	O	No	❄️
			E 09	-	11-12	P	No	❄️
			B 01	-	03	P	No	❄️
	Radish (for Storing)	<i>Raphanus sativus</i> ssp. <i>niger</i>	E 08- B 09	-	E 10-A11	O	Yes	❄️❄️
	Autumn Radish	<i>Raphanus sativus</i> ssp. <i>niger</i>	08	-	11-12	O	No	❄️❄️
	Winter Radish	<i>Raphanus sativus</i> ssp. <i>niger</i>	B 09	-	11-01	P	No	❄️❄️
	Turnip	<i>Brassica rapa</i> ssp. <i>rapa</i>	E 08-B 09 M-E 09	-	11-12	O P	Yes	❄️❄️
	Sweet Turnip, Rutabaga	<i>Brassica napus</i> ssp. <i>rapifera</i>	E 05-E 06	-	11-12	O	Yes	❄️❄️
	Jerusalem Artichoke	<i>Helianthus tuberosus</i>	-	03-04	11-03	O	Yes	❄️❄️❄️
	Chufa Sedge, Tiger Nut Sedge	<i>Cyperus esculentus</i>	04 (Bulbs)	05	11-03	O	Yes	❄️❄️
	Crosne, Chinese Artichoke	<i>Stachys affinis</i>	03 (Bulbs)	04	11-03	O	Yes	❄️❄️❄️
	Skirret	<i>Sium sisarum</i>	11 or 02-03	04	11-03	O	Yes	❄️❄️❄️

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08 Leeks and Onions	Garden Onion	<i>Allium cepa</i>	M 02- B 03 - M 03	- M 04 M 04	08-09	O	Yes	**
	Bunching Onion	<i>Allium cepa</i> , <i>Allium fistulosum</i>	E 06 E 07- E08	- -	11-03 03	O/P O/P	No	***
	Cutting Onion	<i>Allium cepa</i> , <i>Allium fistulosum</i>	E 06 E 07- E08	- -	11-03 03	O/P O/P	No	***
	Greens of Onion	<i>Allium cepa</i> , <i>Allium fistulosum</i>	-	10 M 01	12-01 M 02-E 03	P P	No	***
	Welsh Onion	<i>Allium fistulosum</i>	03	04	08-03	O	No	***
	Garden Leek	<i>Allium ampeloprasum</i> ssp. <i>ampeloprasum</i>	B 03	B-M 05	11-03	O	Yes	***
	Garlic Greens	<i>Allium sativum</i>	-	B 09- M 11 12	11-01 03	O, P	No	***
	Chinese chives	<i>Allium tuberosum</i>	E 03-04	05	08-11 02-03	O O, P	No	***
09 Wild Vegetables	Chickweed	<i>Stellaria media</i>			11-03	O, P	No	***
	Wild garlic,	<i>Allium ursinum</i>			02-03	O	No	***
	Dandelion	<i>Taraxacum officinale</i>	04	-	12-03	O (Forcing room)	Yes (Roots)	***
	Salad Burnet	<i>Sanguisorba minor</i>	03	-	11-03	O	No	***
10 Others	Stridolo, Sculpit, Bladder campion	<i>Silene vulgaris</i>	M-E 08	M-E 09	01-03	P	No	***
	Pea Shoot	<i>Pisum sativum</i>	10 01	- -	11-12 E 02-03	P P	No	***

B: Beginning of ..

M: Middle of ..

E: End of ..

Figures: Month in the year

*: frost hardy until -4 or -5°C

** : frost hardy until -8 to -10°

***: frost hardy under -12°C