



### Planting to Nutrition Maturity Chart

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.”*