

January Vegetable Planting Guide

Peg Smith, UC Master Gardener, Yolo County

The success of the brassica family started in January will depend on the number of nights with temperatures around 45°F and cool early spring temperatures. Cooler temperatures will yield better spring crops. Higher than normal temperatures will cause brassicas such as cauliflower, cabbage and broccoli to 'bolt' producing rapidly growing seed heads.

January is the prime month for adding perennial vegetables and fruits to the garden. Perennials such as artichoke, asparagus, and strawberries can be attractive additions to ornamental beds with suitable microclimates if the vegetable growing space is limited.

"G or I" indicate starting seeds in a greenhouse, inside under grow lights or in the brighter light of a south facing window. Our winter temperatures are not generally so cold that a permanent greenhouse designed for extreme temperatures is necessary. A homemade 'hoop house' or a covered greenhouse frame is adequate. The 'Season Extenders' section of Mike Kluk's article [Your Winter Vegetable Garden](#) shows several easily built structures such as a 'low tunnel' or a 'hoop house'. There are also many sizes of simple greenhouses available commercially.

If starting tomatoes or other summer vegetables in a greenhouse or inside, depending on the spring soil temperatures, you may need to transfer seedlings into larger pots and continue to maintain them in the greenhouse or indoors before transplanting into the garden. Tomatoes prefer a soil temperature of about 60°F and will not develop until the soil temperature and day length signal the spring growing season.

YOLO COUNTY VEGETABLES RECOMMENDED FOR JANUARY

Vegetable	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Beets				Seed
Broccoli	Seed – G or I	Seed – G or I	Transplants	Transplants
Cabbage	Seed – G or I	Seed – G or I	Transplants	Transplants
Carrots			Seed	Seed
Cauliflower	Seed – G or I	Seed – G or I	Transplants	Transplants
Chard				Seed
Garlic	Cloves	Cloves	Cloves	Cloves
Lettuce	Seed	Seed	Seed & transplants	Seed & transplants
Onion	Sets or transplants	Sets or transplants	Sets & transplants	Sets & transplants
Potato				Slips from tubers
Shallots	Bulbs	Bulbs	Bulbs	Bulbs
Spinach		Seed	Seed	Seed
Tomato			Seed – G or I	Seed – G or I



ADDITIONAL SACRAMENTO AREA RECOMMENDED VEGETABLES FOR JANUARY

Vegetable	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Artichoke	Bareroot or transplants	Bareroot or transplants	Bareroot or transplants	Bareroot or transplants
Asparagus	Crowns	Crowns	Crowns	Crowns
Basil	Seed – G or I	Seed – G or I	Seed – G or I	Seed G or I
Beans (Fava)	Seed	Seed	Seed	Seed
Bok Choy	Seed & transplants	Seed & transplants	Seed & transplants	Seed & transplants
Broccoli (Raabe)	Seed	Seed	Seed	Seed
Cabbage (Chinese)	Seed – G or I	Seed – G or I	Transplants	Transplants
Chayote	Fruit – in pots stem up	Fruit – in pots stem up	Fruit – in pots stem up	Fruit – in pots stem up
Cilantro	Seed – G or I	Seed – G or I	Seed – G or I	Seed – G or I
Eggplant				Seed – G or I
Kohlrabi			Seed	Seed
Leek	Seed – G or I	Seed – G or I	Seed – G or I	Seed – G or I
Mustard	Seed	Seed	Seed	Seed
Parsley *	Seed – G or I (Slow)	Seed – G or I (Slow)	Seed – G or I (Slow)	Seed – G or I (Slow)
Peas*			Seed	Seed
Peppers			Seed – G or I	Seed – G or I
Radicchio	Seed	Seed	Seed	Seed
Radish	Seed	Seed	Seed	Seed
Radish (Daikon)			Seed	Seed
Strawberries	Bareroot	Bareroot	Bareroot	Bareroot
Tomatillo			Seed – G or I	Seed – G or I