

Veggie	Zones	When & Notes
	4-11	Pumpkins need to be planted asap as they need 75–100 frost–free days to mature. Very sensitive to cold and frost. Harvest in 12–15 weeks.
	2-4; 7-8	Direct sow kale mid-late summer, can tolerate frost. Harvest 7–9 weeks
	2-6	Direct sow spinach mid–late August. Can tolerate cold if protected. Harvest in 5–11 weeks.
	2-9	Lettuce can be sown or transplanted mid–August continuously into fall. Requires protection against frost during winter. Harvest in 8–12 weeks.
	2-10	Brussel Sprouts can be transplanted in fall and will grow through winter. Not frost-hardy so cover or bring inside during very cold months. Harvest in 14–28 weeks.
	8-9	For warmer Southern regions, tomatoes, peppers, and eggplant can be planted late summer for harvesting into early winter. Harvest in 8–17 weeks.
	4-11	Some herbs like parsley, sage, rosemary, thyme, chives, and mint like cooler (not freezing) weather. Plant late summer–early fall for dried herbs during winter.



Zones

When & Notes

Transplant cabbage seedlings mid-late

Veggie

1-9	summer. Can handle light frost and with some protection grow well into winter. Harvest in 11 – 15 weeks.
2-11	Sow beets directly under tall crops, late summer – early fall. Grows deep into winter. Harvest in 7–10 weeks.
3-10	Transplant a quick grower broccoli mid- late summer for a late fall/ early winter crop. Sensitive to frost Harvest in 10–16 weeks.
3-10	Direct sow fast maturing carrots (small varieties) mid summer – early fall. Can stand a little frost. Harvest in 12–18 weeks.
2–9	Transplant or direct sow peas mid – late August (once temps drop below 70 F) so they develop before frost. Hatvest in 9–11 weeks.
2-11	Cauliflower takes longer to mature so transplant as early as temps are 70F or lower. Can tolerate mild frost. Harvest in 15–22 weeks.