

# Zone 7 Planting Schedule

Start Seeds  
Indoors

Direct Sow or  
Transplant

Succession Planting,  
Growing & Harvesting

End of  
Harvest

Average Minimum Temperature  
0° F through 10° F

Average First Frost Date  
October 29 — November 15

Average Last Frost Date  
March 22 — April 3



JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
					Beans						
		Beets					Beets				
	Broccoli						Broccoli				
		Cabbage				Cabbage					
		Carrots					Carrots				
	Cauliflower						Cauliflower				
				Corn							
				Cucumber							
Garlic		Garlic								Garlic	
		Kale/Mustard					Kale/Mustard				
		Lettuce/Greens					Lettuce/Greens				
				Melons							
		Onions									
	Peas						Peas				
		Peppers									
		Spinach/Orach					Spinach/Orach				
				Squash Family							
				Tomato/Tomatillo							