



HARDENING OFF

FROST-SENSITIVE VEGETABLE PLANTS



7-10 DAYS BEFORE PLANTING IN THE GARDEN



Hardening off helps your plants adjust to outdoor conditions so they can grow strong and healthy! ❤️

DAY 1 1-2 hours 	Place plants outside in a shady , sheltered spot for 1-2 hours. Bring them back inside.	
DAY 2 2-3 hours 	Increase time outside to 2-3 hours in a shady spot. Bring them back inside.	
DAY 3 3-4 hours 	Increase to 3-4 hours outside. Choose a spot with morning sun and afternoon shade.	
DAY 4 4-6 hours 	Increase to 4-6 hours outside. Let plants get more sunlight and a light breeze.	
DAY 5 6-8 hours 	Increase to 6-8 hours outside. Plants can handle more sun and wind.	
DAY 6 All day 	Leave plants outside all day in a protected spot. Bring them in at night.	
DAY 7-10 All day & night 	Leave plants outside day and night . They are ready to be planted in the garden!	

TIPS FOR SUCCESS

- Water plants before and after hardening off.
- Avoid hardening off on cold, windy, or rainy days.
- Watch the weather—no frost for 24-48 hours before planting!



GOOD JOB!

Your plants are now tough, healthy, and ready to thrive in your vegetable garden!



❤️ Free printable from vegetable-gardening-online.com ❤️