



COOL SEASON VEGETABLES

Planting Times Guide



Cool season vegetables grow best in cooler weather. Plant in early spring and again in late summer for a fall harvest.

VEGETABLE	BEST SOIL TEMPERATURE	WHEN TO PLANT	NOTES
 Lettuce	 50°F – 65°F (10°C – 18°C)	 2–4 weeks before last spring frost and again 6–8 weeks before first fall frost	Prefers cool weather. Bolts (goes to seed) in hot weather.
 Spinach	 45°F – 65°F (7°C – 18°C)	 2–4 weeks before last spring frost and again 6–8 weeks before first fall frost	Very hardy and tolerates light frost.
 Peas	 40°F – 65°F (4°C – 18°C)	 4–6 weeks before last spring frost	Can germinate in soil as cold as 40°F (4°C).
 Radishes	 45°F – 70°F (7°C – 21°C)	 2–4 weeks before last spring frost and throughout fall	Fast growing—perfect for early and late season harvests.
 Carrots	 45°F – 70°F (7°C – 21°C)	 2–3 weeks before last spring frost and again in mid-summer for fall crop	Cool soil helps roots grow straight and sweet.
 Broccoli (and other Brassicas)	 45°F – 65°F (7°C – 18°C)	 4–6 weeks before last spring frost and again 6–8 weeks before first fall frost	Includes cabbage, cauliflower, kale and Brussels sprouts.



TIP: Use a soil thermometer to check soil temperature.
Planting at the right temperature = better germination and stronger plants!



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