



FALL VEGETABLE GARDEN

WHAT TO PLANT & WHEN



Cooler weather is perfect for growing fresh, crisp, and delicious vegetables!



VEGETABLE 	WHEN TO PLANT (For Fall Harvest)	PLANTING METHOD	DAYS TO HARVEST	NOTES 
 Spinach	4–6 weeks before first fall frost	Direct seed	40–50 days	Cold hardy and sweetens in cool weather.
 Lettuce	4–6 weeks before first fall frost	Direct seed	45–60 days	Plant every 2 weeks for a steady supply.
 Kale	6–8 weeks before first fall frost	Direct seed or transplants	50–65 days	Very cold hardy; improves with frost.
 Broccoli	8–10 weeks before first fall frost	Transplants	60–80 days	Plant early for best results.
 Cauliflower	8–10 weeks before first fall frost	Transplants	60–80 days	Keep soil moist and evenly cool.
 Brussels Sprouts	10–12 weeks before first fall frost	Transplants	80–100 days	Long season—plant early!
 Cabbage	8–10 weeks before first fall frost	Transplants	60–90 days	Store well for winter use.
 Carrots	10–12 weeks before first fall frost	Direct seed	60–80 days	Loose soil helps roots grow well.
 Beets	8–10 weeks before first fall frost	Direct seed	50–70 days	Sweet and tender in cool weather.
 Radishes	4–6 weeks before first fall frost	Direct seed	25–30 days	Fast growing—great for fall!
 Turnips	8–10 weeks before first fall frost	Direct seed	45–60 days	Roots and greens are both tasty.
 Arugula	4–6 weeks before first fall frost	Direct seed	30–40 days	Quick grower with peppery flavor.
 Green Onions	4–6 weeks before first fall frost	Direct seed or sets	50–70 days	Great for fresh harvesting.



TIPS FOR SUCCESS



Check your first fall frost date and count back.



Water consistently, especially during dry spells.



Add mulch to protect roots as temperatures drop.



Use row covers to extend the season and protect plants.



Harvest regularly, to keep plants producing.

