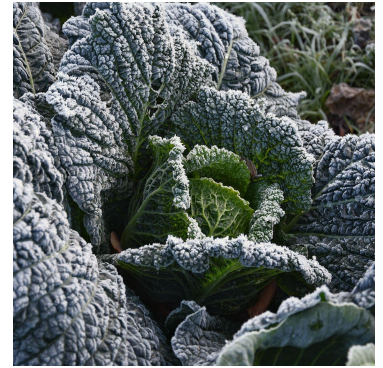


Frost Tolerant Vegetables for Fall

A Garden Guide

Fall is a great time to plant cool season vegetables - fewer issues with bolting, pests, and weeds. Frosts can also impart a delicious sweet flavor. Our first frost is usually mid-October.



Crop	Germination - Minimum soil temperature	Germination - Optimum soil temperature	Days to Maturity (depends on variety)	Frost tolerant down to	When to direct sow before first fall frost (depends on variety)
Arugula	40F	50-70F	20-45	25F	4-10 weeks
Beets	45F	60-75F	45-65	15F	6-10 weeks
Bok choy	60F	75-85F	35-60	25F	6-10 weeks
Broccoli	40F	60-85F	48-75	15F	8-12 weeks
Cabbage	40F	60-85F	60-100	15F	8-12 weeks
Carrots	45F	60-85F	55-75	0F	8-12 weeks
Cauliflower	40F	75-85F	70-80	15F	9-12 weeks
Chard	40F	50-85F	40-60	15F	6-12 weeks
Collards	55F	75-85F	50-80F	15F	5-14 weeks
Endive	35F	60-70F	42-70	25F	5-12 weeks
Kale	45F	65-80F	21-55	25F	8-12 weeks
Kohlrabi	45F	65-80F	50-70	15F	8-12 weeks
Leek	40F	65-85F	75	0F	Start indoors 8-10 weeks then transplant 3-4 weeks
Lettuce	50F	60-70F	21-65	25F	4-10 weeks
Mizuna	40F	60-75F	30-50	25F	10-12 weeks
Peas	45F	60-75F	55-65	28F	6-10 weeks

Radish	40F	65-85F	28-70	25-15F	4-10 weeks
Scallions <i>Allium fistulosum</i>	45F	60-85F	60-65	0F	8-10 weeks
Spinach	40F	50-75F	28-45	0F	4-8 weeks
Tatsoi	60F	65-75F	45	15F	6-10 weeks
Turnips	50F	65-85F	30-50	15F	4-10 weeks



Basic Tips:

- Plant in fertile, well amended, well-draining soil in full sun. We carry many organic options to spruce up your soil. A soil test will tell you what nutrients your soil may need.
- **Neptune's Harvest Fish & Seaweed** organic liquid fertilizer is one of our favorites to water in, available in our Garden Shop.

- **Mulch** will help to suppress weeds, conserve water, and improve the health of the soil. We carry hardwood mulch, pine bark mulch, and wheat straw.

- A **mini-hoop house** will help protect your plants from weather and pests. We carry fiberglass rods and floating row cover (also in our Garden Shop) for building your own. The heaviest weight row cover will provide the most winter protection, to extend your growing season. See [Quick DIY Winter Protection Low Tunnel](#).



For more information, see our Garden Guide 'Vegetable Gardening in Fall'

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