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## Cool season vegetables

Just because plants are going dormant doesn't mean you can't grow vegetables! Planting a winter vegetable garden extends the length of your harvest and provides fresh vegetables well into the fall. There are several vegetables that are well suited for a winter or cool weather garden in the early spring or late fall. Most notable are lettuces, cabbages, root vegetables such as carrots, beets, onions, turnips, and radishes. Using your growing zone's predicted last frost date in the spring and first frost date in the fall will help determine when to sow your seeds.



**First frost date for New York state is October 20<sup>th</sup>** (Dates below are approximations)

**Hardy vegetables:** Grow with daytime temperatures as low as 40°F and may survive a frosty nip.

Vegetable	Plant-out time frame for Fall harvest	Days to Harvest from seed
Broccoli	Mid-late August	65
Cabbage	Mid-August	85
Kohlrabi	Mid-August to Mid-September	50
Scallions	Mid-August to Early September	60
Lettuce	Mid-August to Early September	45-60
Radish	Late August to October	30
Mustard Greens	Late August to September	45-50
Turnips	Mid-August to Mid-September	50
Kale	Mid-August to Mid-September	50
Garlic	Plant in Fall	Harvest in spring/ leaves die back

**Semi-hardy vegetables:** Grow with minimum daytime temperatures of 40°F to 50°F, less tolerant of a frosty night.

Ways to increase Temperature = Hoop house/Cold frame + 3 Degrees Fahrenheit **or** Row cover (frost protection) + 1 Degree Fahrenheit

Vegetable	Plant-out time frame for Fall harvest	Days to Harvest from seed
Beets	Mid-late August	60
Carrots	Mid-late August/ early September	50-60
Parsnips	Mid-late August	70
Swiss chard	Mid-late August	60
Spinach	Mid-August to October	40