FREE SAMPLE · SAGESTEAD

Frost Date Cheat Sheet: when to start every seed

One page for the fridge from the Sagestead Vegetable Planting Chart: what to start indoors and what to sow outside, counted in weeks from your last spring frost. Write your own dates in the table below.

How to use it

1. Find your average last spring frost: ask your county extension office or look up your ZIP code.
2. Write it below, then count back the weeks for each row. A calendar on the fridge makes it easy.
3. Start the earliest row first. Your seed packet has the final word for each variety.
4. Warm-season seedlings go out only after your last frost, once hardened off over about two weeks.

My seed-starting dates

My last spring frost: _____

START INDOORS	CROPS	MY DATES
10 to 12 weeks before	onions, leeks, celery	_____ to _____
8 to 10 weeks before	peppers, eggplant, parsley	_____ to _____
5 to 8 weeks before	tomatoes, broccoli, cabbage, cauliflower, Brussels sprouts, collards	_____ to _____
4 to 6 weeks before	lettuce, kale, basil, marigolds	_____ to _____
optional, 3 to 4 weeks before	cucumbers, squash, melons, zinnias	_____ to _____

Want every date filled in?

The full Vegetable Planting Chart has a spreadsheet for 58 crops that dates everything from your frost date, a printed chart for 38 crops in 7 dated editions plus undated pages, a fall chart and a poster.

On Etsy: scan the code, or type sagestead.net/go/planting-chart

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BONUS · PRINT ME FOR THE FRIDGE

Frost Date Cheat Sheet

Count from your LAST spring frost. One glance, whole spring.

Start indoors, 10–12 weeks before
onions, leeks, celery



Start indoors, 8–10 weeks before
peppers, eggplant, parsley



Start indoors, 5–8 weeks before
tomatoes, broccoli, cabbage, cauliflower, Brussels sprouts, collards



Start indoors, 4–6 weeks before
lettuce, kale, basil, marigolds



Optional: start indoors, 3–4 weeks before
cucumbers, squash, melons, zinnias



Sow or plant outside, 1–6 weeks before
peas, spinach, radishes



Sow or plant outside, 3 weeks before to 4 weeks after
carrots, beets, potatoes, chard



Sow or plant outside, 1–8 weeks after
beans, corn, sunflowers, okra, sweet potato slips



A USDA ZONE IS NOT A FROST DATE · FIND YOUR OWN

USDA zones measure average winter cold (for perennials), not when spring frost ends. Two towns in one zone can be weeks apart, and western and mountain towns often see their last frost 4+ weeks later than eastern towns in the same zone: Denver and Colorado's Front Range (zones 5b–6a) average about May 15 (Colorado State University); Salt Lake City (zone 7) April 26 at the airport and May 1 at the University of Utah (Utah State University).

Find your date: search “last frost date” with your ZIP code (NOAA 30-year normals) or ask your county extension office. The average date still carries a 50% chance of a later frost; cautious gardeners wait 1–2 more weeks.

VERY ROUGH: MANY EASTERN & CENTRAL US GARDENS ONLY · MOUNTAIN & WESTERN TOWNS RUN LATER

Zone 3 late May – early June	**Zone 4** mid – late May	**Zone 5** late April – mid-May	**Zone 6** mid-April – early May
Zone 7 late March – mid-April	**Zone 8** early – late March	**Zone 9** late Jan – late Feb	**Zone 10+** rarely any frost

MY DATES

Last spring frost: _____

First fall frost: _____

Sagestead · typical timings for temperate US gardens; your seed packet and soil temperature have the final word

The full chart is on Etsy: sagestead.net/go/planting-chart

Scan the code or type the address. Free sample from Sagestead ·

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