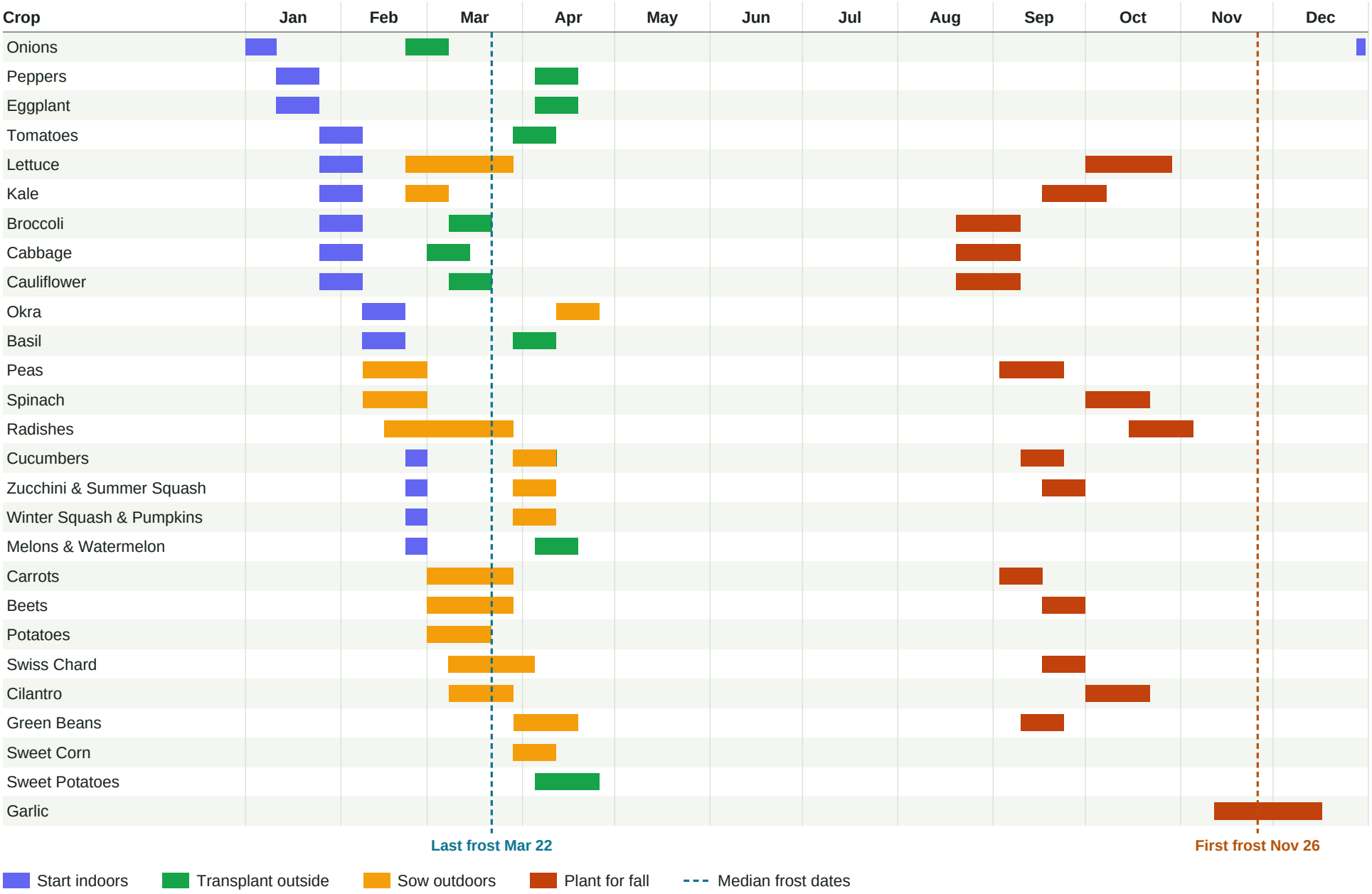
Helen, MD planting calendar

Median last frost Mar 22 (10% chance of frost after Apr 5) · Median first frost Nov 26 · 249-day growing season · Zone 7b



Helen, MD planting dates

Median last frost Mar 22 (10% chance of frost after Apr 5) · Median first frost Nov 26 · 249-day growing season · Zone 7b

Crop	Start indoors	Transplant outside	Sow outdoors	Plant for fall
Onions	Dec 28 – Jan 11	Feb 22 – Mar 8	—	—
Peppers	Jan 11 – Jan 25	Apr 5 – Apr 19	—	—
Eggplant	Jan 11 – Jan 25	Apr 5 – Apr 19	—	—
Tomatoes	Jan 25 – Feb 8	Mar 29 – Apr 12	—	—
Lettuce	Jan 25 – Feb 8	Mar 1 – Mar 15	Feb 22 – Mar 29	Oct 1 – Oct 29
Kale	Jan 25 – Feb 8	Feb 22 – Mar 8	Feb 22 – Mar 8	Sep 17 – Oct 8
Broccoli	Jan 25 – Feb 8	Mar 8 – Mar 22	—	Aug 20 – Sep 10
Cabbage	Jan 25 – Feb 8	Mar 1 – Mar 15	—	Aug 20 – Sep 10
Cauliflower	Jan 25 – Feb 8	Mar 8 – Mar 22	—	Aug 20 – Sep 10
Okra	Feb 8 – Feb 22	Apr 12 – Apr 26	Apr 12 – Apr 26	—
Basil	Feb 8 – Feb 22	Mar 29 – Apr 12	—	—
Peas	—	—	Feb 8 – Mar 1	Sep 3 – Sep 24
Spinach	—	—	Feb 8 – Mar 1	Oct 1 – Oct 22
Radishes	—	—	Feb 15 – Mar 29	Oct 15 – Nov 5
Cucumbers	Feb 22 – Mar 1	Apr 5 – Apr 12	Mar 29 – Apr 12	Sep 10 – Sep 24
Zucchini & Summer Squash	Feb 22 – Mar 1	—	Mar 29 – Apr 12	Sep 17 – Oct 1
Winter Squash & Pumpkins	Feb 22 – Mar 1	—	Mar 29 – Apr 12	—
Melons & Watermelon	Feb 22 – Mar 1	Apr 5 – Apr 19	—	—
Carrots	—	—	Mar 1 – Mar 29	Sep 3 – Sep 17
Beets	—	—	Mar 1 – Mar 29	Sep 17 – Oct 1
Potatoes	—	—	Mar 1 – Mar 22	—
Swiss Chard	—	—	Mar 8 – Apr 5	Sep 17 – Oct 1
Cilantro	—	—	Mar 8 – Mar 29	Oct 1 – Oct 22
Green Beans	—	—	Mar 29 – Apr 19	Sep 10 – Sep 24
Sweet Corn	—	—	Mar 29 – Apr 12	—
Sweet Potatoes	—	Apr 5 – Apr 26	—	—
Garlic	—	—	—	Nov 12 – Dec 17

Wait until after Apr 5 (only a 10% chance of frost) to plant out the most frost-tender crops: tomatoes, peppers, basil, melons.