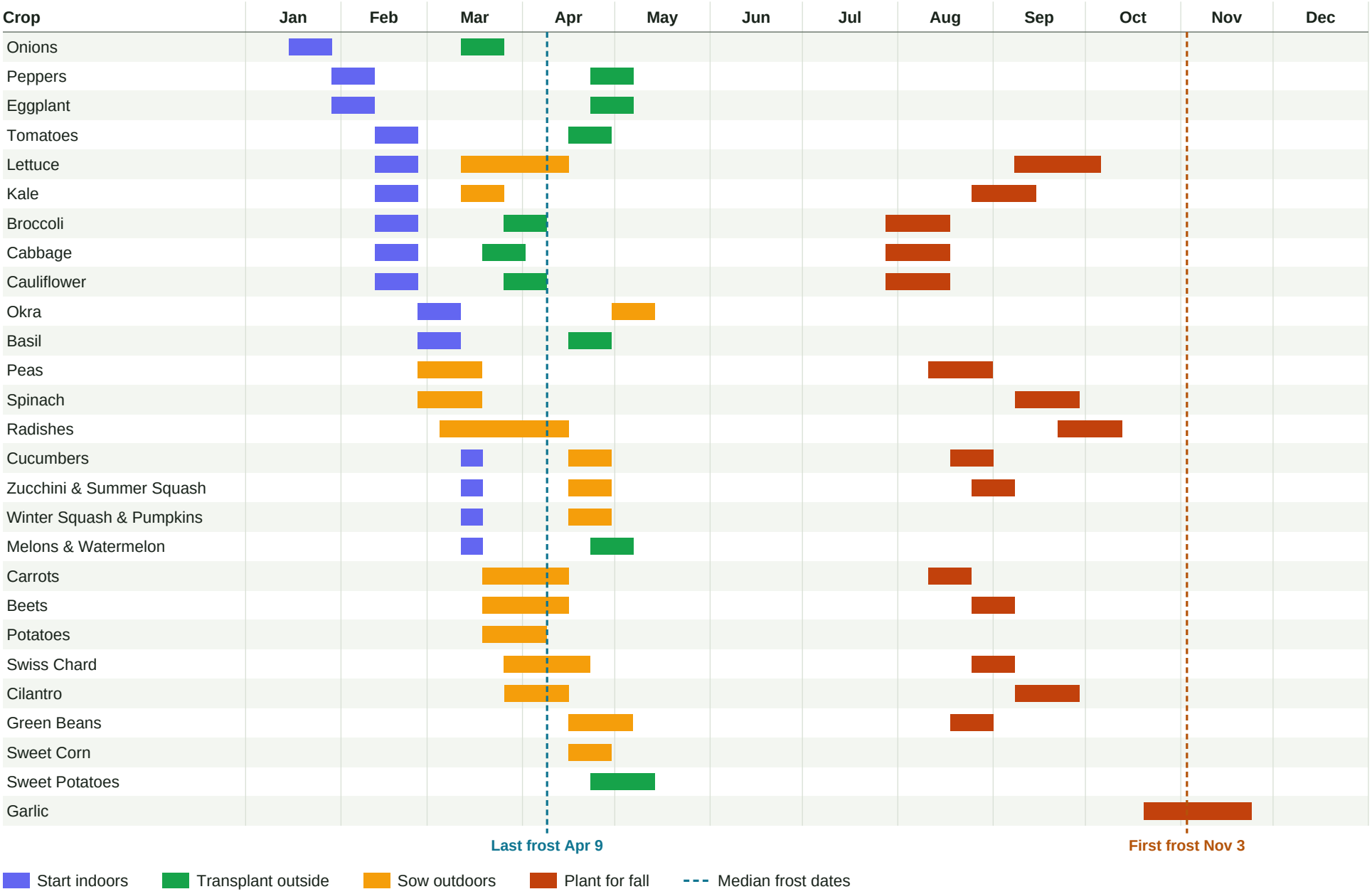
# Atlantic Highlands, NJ planting calendar

Median last frost Apr 9 (10% chance of frost after Apr 23) · Median first frost Nov 3 · 208-day growing season · Zone 7b



# Atlantic Highlands, NJ planting dates

Median last frost Apr 9 (10% chance of frost after Apr 23) · Median first frost Nov 3 · 208-day growing season · Zone 7b

| Crop | Start indoors | Transplant outside | Sow outdoors | Plant for fall |
|---|---|---|---|---|
| Onions | Jan 15 – Jan 29 | Mar 12 – Mar 26 | — | — |
| Peppers | Jan 29 – Feb 12 | Apr 23 – May 7 | — | — |
| Eggplant | Jan 29 – Feb 12 | Apr 23 – May 7 | — | — |
| Tomatoes | Feb 12 – Feb 26 | Apr 16 – Apr 30 | — | — |
| Lettuce | Feb 12 – Feb 26 | Mar 19 – Apr 2 | Mar 12 – Apr 16 | Sep 8 – Oct 6 |
| Kale | Feb 12 – Feb 26 | Mar 12 – Mar 26 | Mar 12 – Mar 26 | Aug 25 – Sep 15 |
| Broccoli | Feb 12 – Feb 26 | Mar 26 – Apr 9 | — | Jul 28 – Aug 18 |
| Cabbage | Feb 12 – Feb 26 | Mar 19 – Apr 2 | — | Jul 28 – Aug 18 |
| Cauliflower | Feb 12 – Feb 26 | Mar 26 – Apr 9 | — | Jul 28 – Aug 18 |
| Okra | Feb 26 – Mar 12 | Apr 30 – May 14 | Apr 30 – May 14 | — |
| Basil | Feb 26 – Mar 12 | Apr 16 – Apr 30 | — | — |
| Peas | — | — | Feb 26 – Mar 19 | Aug 11 – Sep 1 |
| Spinach | — | — | Feb 26 – Mar 19 | Sep 8 – Sep 29 |
| Radishes | — | — | Mar 5 – Apr 16 | Sep 22 – Oct 13 |
| Cucumbers | Mar 12 – Mar 19 | Apr 23 – Apr 30 | Apr 16 – Apr 30 | Aug 18 – Sep 1 |
| Zucchini & Summer Squash | Mar 12 – Mar 19 | — | Apr 16 – Apr 30 | Aug 25 – Sep 8 |
| Winter Squash & Pumpkins | Mar 12 – Mar 19 | — | Apr 16 – Apr 30 | — |
| Melons & Watermelon | Mar 12 – Mar 19 | Apr 23 – May 7 | — | — |
| Carrots | — | — | Mar 19 – Apr 16 | Aug 11 – Aug 25 |
| Beets | — | — | Mar 19 – Apr 16 | Aug 25 – Sep 8 |
| Potatoes | — | — | Mar 19 – Apr 9 | — |
| Swiss Chard | — | — | Mar 26 – Apr 23 | Aug 25 – Sep 8 |
| Cilantro | — | — | Mar 26 – Apr 16 | Sep 8 – Sep 29 |
| Green Beans | — | — | Apr 16 – May 7 | Aug 18 – Sep 1 |
| Sweet Corn | — | — | Apr 16 – Apr 30 | — |
| Sweet Potatoes | — | Apr 23 – May 14 | — | — |
| Garlic | — | — | — | Oct 20 – Nov 24 |

Wait until after Apr 23 (only a 10% chance of frost) to plant out the most frost-tender crops: tomatoes, peppers, basil, melons.