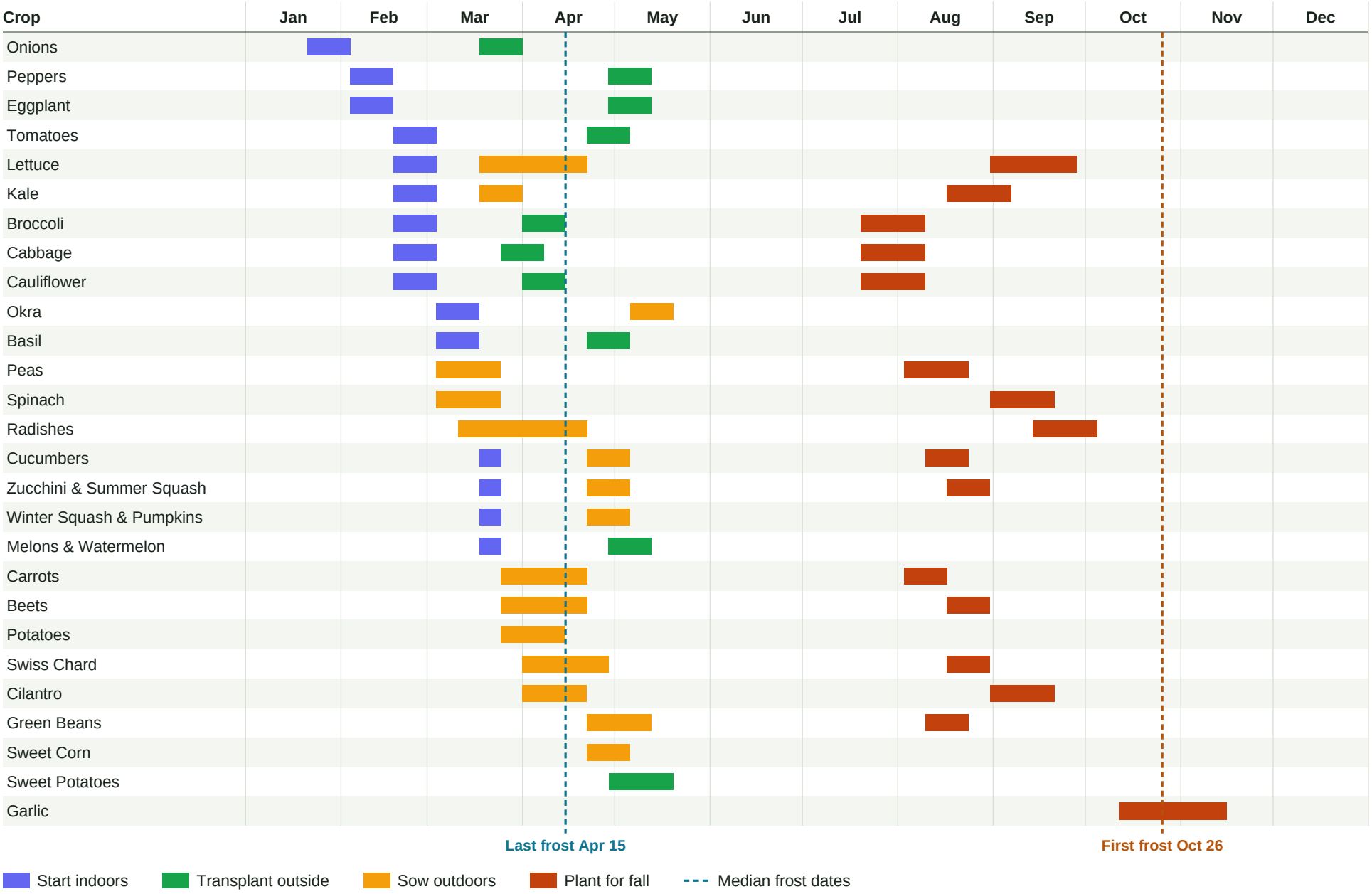
Helmetta, NJ planting calendar

Median last frost Apr 15 (10% chance of frost after May 1) · Median first frost Oct 26 · 194-day growing season · Zone 7a



Helmetta, NJ planting dates

Median last frost Apr 15 (10% chance of frost after May 1) · Median first frost Oct 26 · 194-day growing season · Zone 7a

Crop	Start indoors	Transplant outside	Sow outdoors	Plant for fall
Onions	Jan 21 – Feb 4	Mar 18 – Apr 1	—	—
Peppers	Feb 4 – Feb 18	Apr 29 – May 13	—	—
Eggplant	Feb 4 – Feb 18	Apr 29 – May 13	—	—
Tomatoes	Feb 18 – Mar 4	Apr 22 – May 6	—	—
Lettuce	Feb 18 – Mar 4	Mar 25 – Apr 8	Mar 18 – Apr 22	Aug 31 – Sep 28
Kale	Feb 18 – Mar 4	Mar 18 – Apr 1	Mar 18 – Apr 1	Aug 17 – Sep 7
Broccoli	Feb 18 – Mar 4	Apr 1 – Apr 15	—	Jul 20 – Aug 10
Cabbage	Feb 18 – Mar 4	Mar 25 – Apr 8	—	Jul 20 – Aug 10
Cauliflower	Feb 18 – Mar 4	Apr 1 – Apr 15	—	Jul 20 – Aug 10
Okra	Mar 4 – Mar 18	May 6 – May 20	May 6 – May 20	—
Basil	Mar 4 – Mar 18	Apr 22 – May 6	—	—
Peas	—	—	Mar 4 – Mar 25	Aug 3 – Aug 24
Spinach	—	—	Mar 4 – Mar 25	Aug 31 – Sep 21
Radishes	—	—	Mar 11 – Apr 22	Sep 14 – Oct 5
Cucumbers	Mar 18 – Mar 25	Apr 29 – May 6	Apr 22 – May 6	Aug 10 – Aug 24
Zucchini & Summer Squash	Mar 18 – Mar 25	—	Apr 22 – May 6	Aug 17 – Aug 31
Winter Squash & Pumpkins	Mar 18 – Mar 25	—	Apr 22 – May 6	—
Melons & Watermelon	Mar 18 – Mar 25	Apr 29 – May 13	—	—
Carrots	—	—	Mar 25 – Apr 22	Aug 3 – Aug 17
Beets	—	—	Mar 25 – Apr 22	Aug 17 – Aug 31
Potatoes	—	—	Mar 25 – Apr 15	—
Swiss Chard	—	—	Apr 1 – Apr 29	Aug 17 – Aug 31
Cilantro	—	—	Apr 1 – Apr 22	Aug 31 – Sep 21
Green Beans	—	—	Apr 22 – May 13	Aug 10 – Aug 24
Sweet Corn	—	—	Apr 22 – May 6	—
Sweet Potatoes	—	Apr 29 – May 20	—	—
Garlic	—	—	—	Oct 12 – Nov 16

Wait until after May 1 (only a 10% chance of frost) to plant out the most frost-tender crops: tomatoes, peppers, basil, melons.