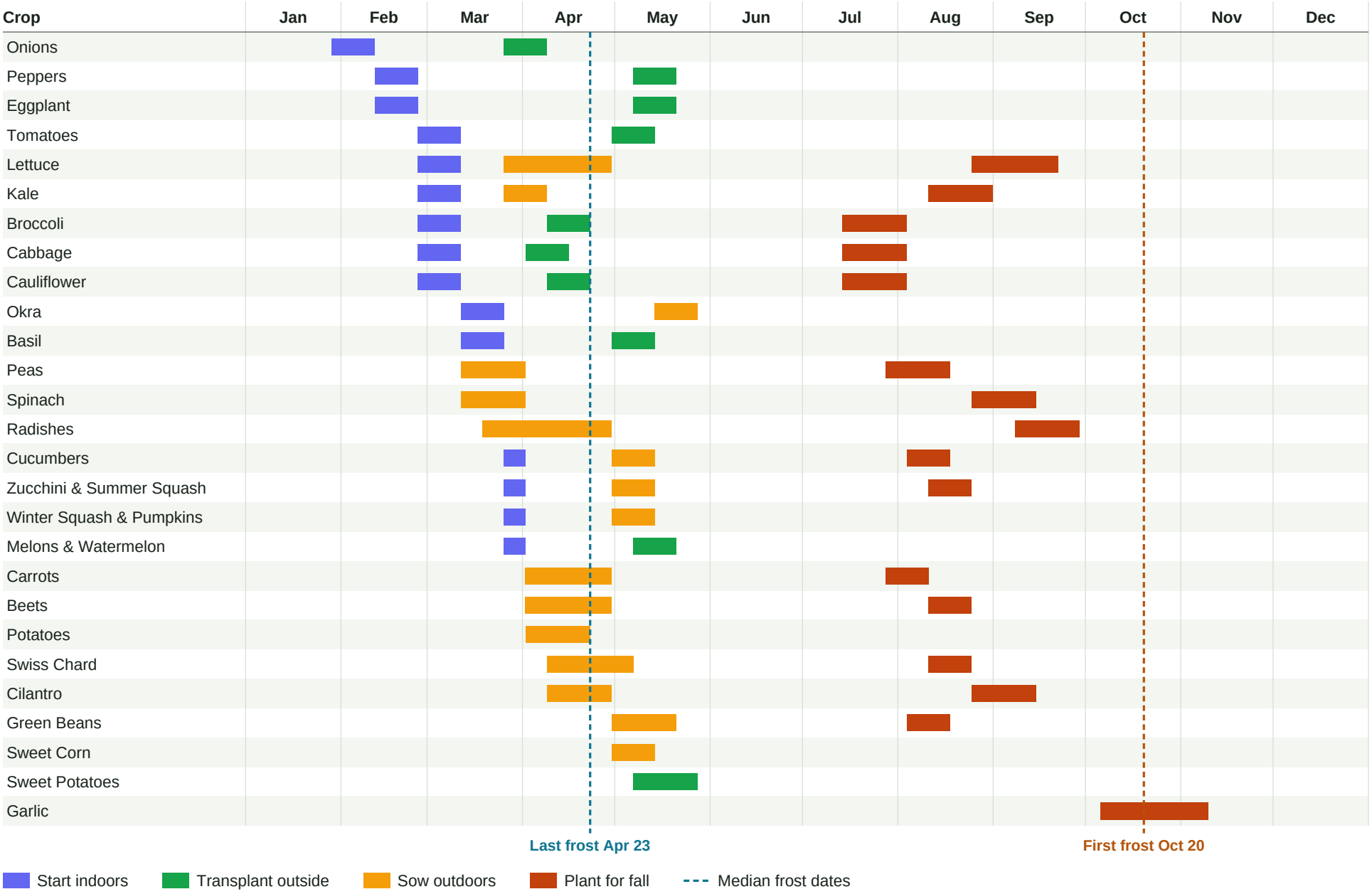
Island Heights, NJ planting calendar

Median last frost Apr 23 (10% chance of frost after May 12) · Median first frost Oct 20 · 180-day growing season · Zone 7b



Island Heights, NJ planting dates

Median last frost Apr 23 (10% chance of frost after May 12) · Median first frost Oct 20 · 180-day growing season · Zone 7b

Crop	Start indoors	Transplant outside	Sow outdoors	Plant for fall
Onions	Jan 29 – Feb 12	Mar 26 – Apr 9	—	—
Peppers	Feb 12 – Feb 26	May 7 – May 21	—	—
Eggplant	Feb 12 – Feb 26	May 7 – May 21	—	—
Tomatoes	Feb 26 – Mar 12	Apr 30 – May 14	—	—
Lettuce	Feb 26 – Mar 12	Apr 2 – Apr 16	Mar 26 – Apr 30	Aug 25 – Sep 22
Kale	Feb 26 – Mar 12	Mar 26 – Apr 9	Mar 26 – Apr 9	Aug 11 – Sep 1
Broccoli	Feb 26 – Mar 12	Apr 9 – Apr 23	—	Jul 14 – Aug 4
Cabbage	Feb 26 – Mar 12	Apr 2 – Apr 16	—	Jul 14 – Aug 4
Cauliflower	Feb 26 – Mar 12	Apr 9 – Apr 23	—	Jul 14 – Aug 4
Okra	Mar 12 – Mar 26	May 14 – May 28	May 14 – May 28	—
Basil	Mar 12 – Mar 26	Apr 30 – May 14	—	—
Peas	—	—	Mar 12 – Apr 2	Jul 28 – Aug 18
Spinach	—	—	Mar 12 – Apr 2	Aug 25 – Sep 15
Radishes	—	—	Mar 19 – Apr 30	Sep 8 – Sep 29
Cucumbers	Mar 26 – Apr 2	May 7 – May 14	Apr 30 – May 14	Aug 4 – Aug 18
Zucchini & Summer Squash	Mar 26 – Apr 2	—	Apr 30 – May 14	Aug 11 – Aug 25
Winter Squash & Pumpkins	Mar 26 – Apr 2	—	Apr 30 – May 14	—
Melons & Watermelon	Mar 26 – Apr 2	May 7 – May 21	—	—
Carrots	—	—	Apr 2 – Apr 30	Jul 28 – Aug 11
Beets	—	—	Apr 2 – Apr 30	Aug 11 – Aug 25
Potatoes	—	—	Apr 2 – Apr 23	—
Swiss Chard	—	—	Apr 9 – May 7	Aug 11 – Aug 25
Cilantro	—	—	Apr 9 – Apr 30	Aug 25 – Sep 15
Green Beans	—	—	Apr 30 – May 21	Aug 4 – Aug 18
Sweet Corn	—	—	Apr 30 – May 14	—
Sweet Potatoes	—	May 7 – May 28	—	—
Garlic	—	—	—	Oct 6 – Nov 10

Wait until after May 12 (only a 10% chance of frost) to plant out the most frost-tender crops: tomatoes, peppers, basil, melons.