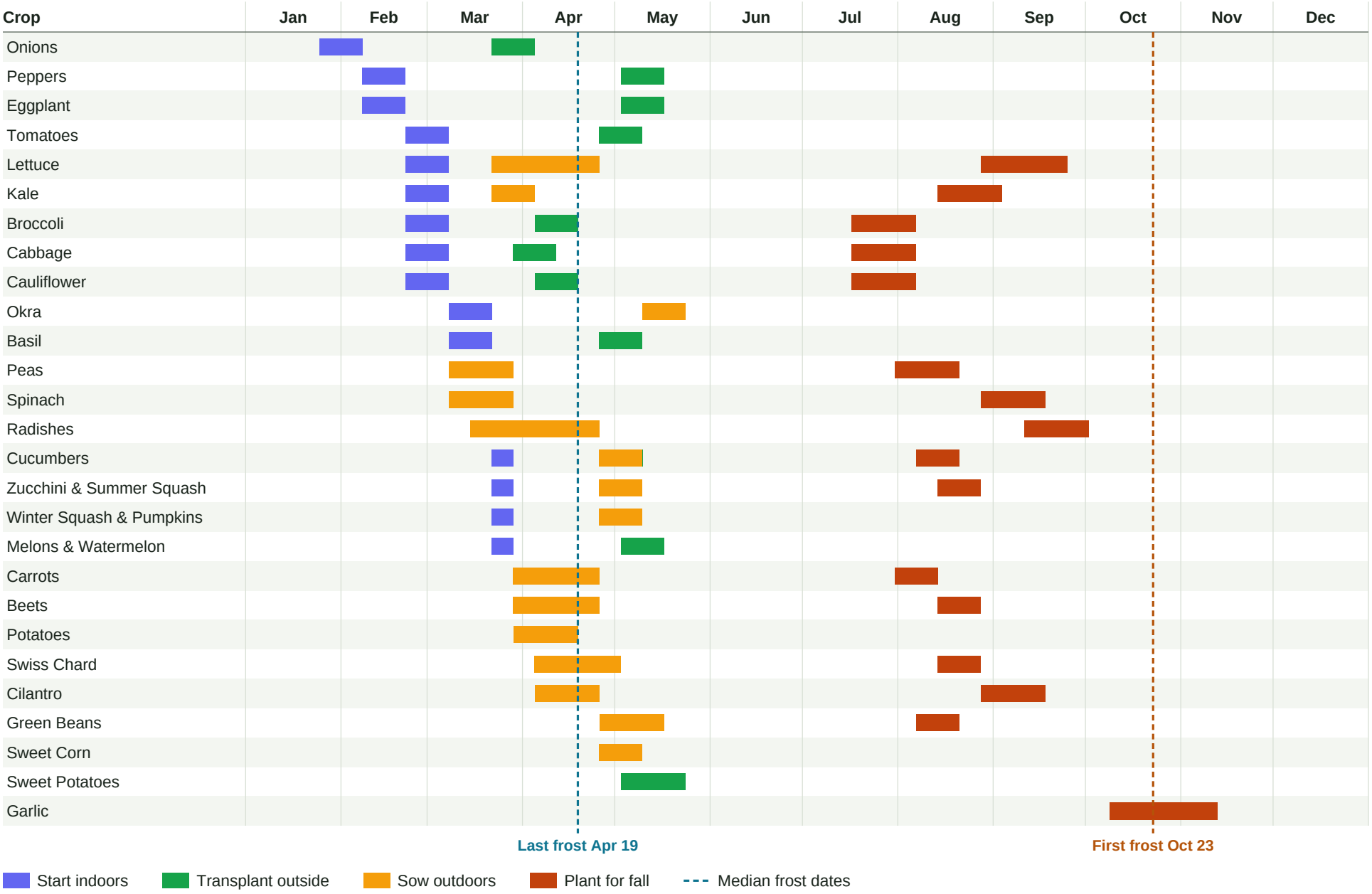
Pompton Lakes, NJ planting calendar

Median last frost Apr 19 (10% chance of frost after May 3) · Median first frost Oct 23 · 187-day growing season · Zone 7a



Pompton Lakes, NJ planting dates

Median last frost Apr 19 (10% chance of frost after May 3) · Median first frost Oct 23 · 187-day growing season · Zone 7a

Crop	Start indoors	Transplant outside	Sow outdoors	Plant for fall
Onions	Jan 25 – Feb 8	Mar 22 – Apr 5	—	—
Peppers	Feb 8 – Feb 22	May 3 – May 17	—	—
Eggplant	Feb 8 – Feb 22	May 3 – May 17	—	—
Tomatoes	Feb 22 – Mar 8	Apr 26 – May 10	—	—
Lettuce	Feb 22 – Mar 8	Mar 29 – Apr 12	Mar 22 – Apr 26	Aug 28 – Sep 25
Kale	Feb 22 – Mar 8	Mar 22 – Apr 5	Mar 22 – Apr 5	Aug 14 – Sep 4
Broccoli	Feb 22 – Mar 8	Apr 5 – Apr 19	—	Jul 17 – Aug 7
Cabbage	Feb 22 – Mar 8	Mar 29 – Apr 12	—	Jul 17 – Aug 7
Cauliflower	Feb 22 – Mar 8	Apr 5 – Apr 19	—	Jul 17 – Aug 7
Okra	Mar 8 – Mar 22	May 10 – May 24	May 10 – May 24	—
Basil	Mar 8 – Mar 22	Apr 26 – May 10	—	—
Peas	—	—	Mar 8 – Mar 29	Jul 31 – Aug 21
Spinach	—	—	Mar 8 – Mar 29	Aug 28 – Sep 18
Radishes	—	—	Mar 15 – Apr 26	Sep 11 – Oct 2
Cucumbers	Mar 22 – Mar 29	May 3 – May 10	Apr 26 – May 10	Aug 7 – Aug 21
Zucchini & Summer Squash	Mar 22 – Mar 29	—	Apr 26 – May 10	Aug 14 – Aug 28
Winter Squash & Pumpkins	Mar 22 – Mar 29	—	Apr 26 – May 10	—
Melons & Watermelon	Mar 22 – Mar 29	May 3 – May 17	—	—
Carrots	—	—	Mar 29 – Apr 26	Jul 31 – Aug 14
Beets	—	—	Mar 29 – Apr 26	Aug 14 – Aug 28
Potatoes	—	—	Mar 29 – Apr 19	—
Swiss Chard	—	—	Apr 5 – May 3	Aug 14 – Aug 28
Cilantro	—	—	Apr 5 – Apr 26	Aug 28 – Sep 18
Green Beans	—	—	Apr 26 – May 17	Aug 7 – Aug 21
Sweet Corn	—	—	Apr 26 – May 10	—
Sweet Potatoes	—	May 3 – May 24	—	—
Garlic	—	—	—	Oct 9 – Nov 13

Wait until after May 3 (only a 10% chance of frost) to plant out the most frost-tender crops: tomatoes, peppers, basil, melons.