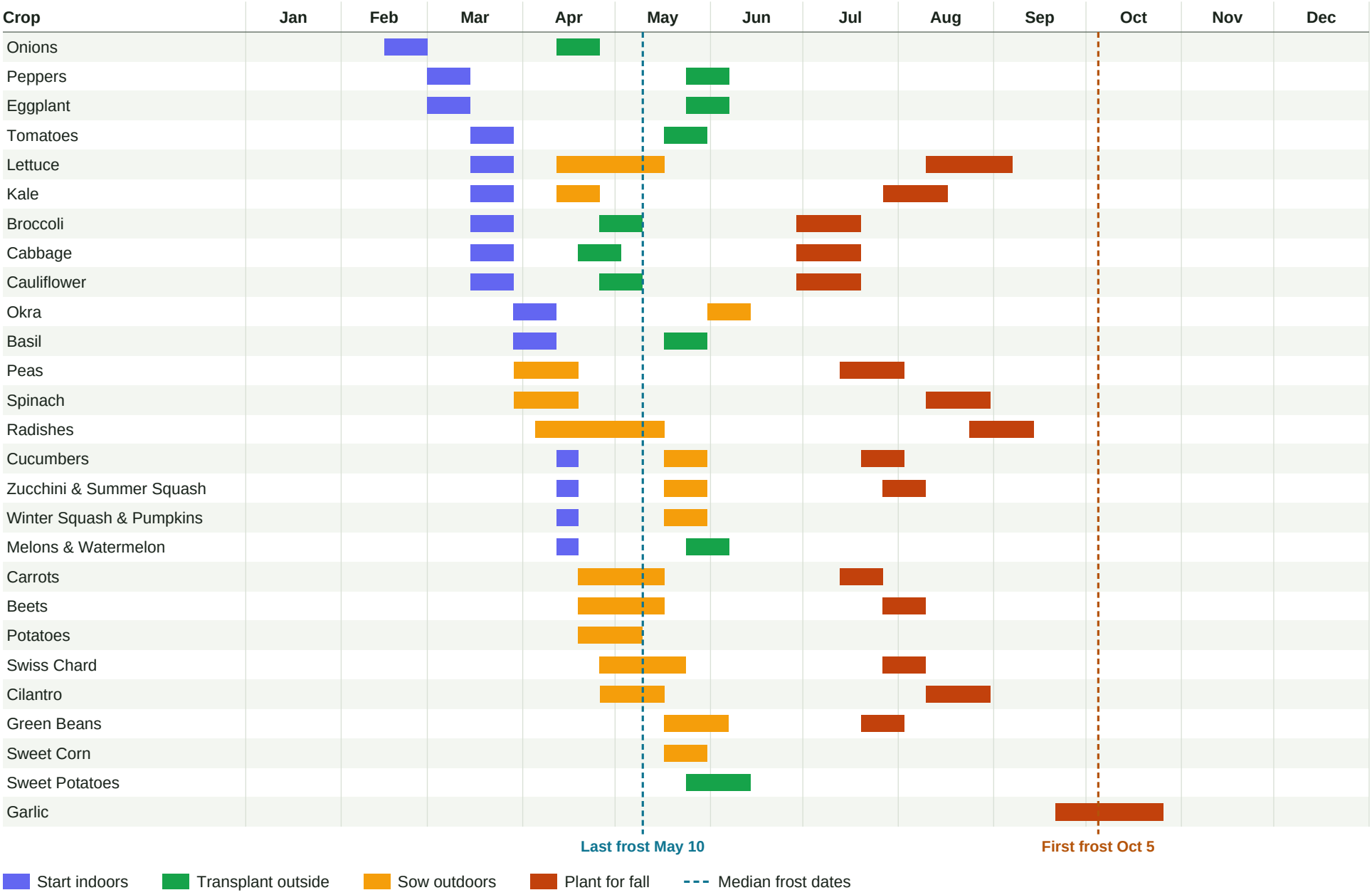
Saint Regis Falls, NY planting calendar

Median last frost May 10 (10% chance of frost after May 25) · Median first frost Oct 5 · 148-day growing season · Zone 4a



Saint Regis Falls, NY planting dates

Median last frost May 10 (10% chance of frost after May 25) · Median first frost Oct 5 · 148-day growing season · Zone 4a

Crop	Start indoors	Transplant outside	Sow outdoors	Plant for fall
Onions	Feb 15 – Mar 1	Apr 12 – Apr 26	—	—
Peppers	Mar 1 – Mar 15	May 24 – Jun 7	—	—
Eggplant	Mar 1 – Mar 15	May 24 – Jun 7	—	—
Tomatoes	Mar 15 – Mar 29	May 17 – May 31	—	—
Lettuce	Mar 15 – Mar 29	Apr 19 – May 3	Apr 12 – May 17	Aug 10 – Sep 7
Kale	Mar 15 – Mar 29	Apr 12 – Apr 26	Apr 12 – Apr 26	Jul 27 – Aug 17
Broccoli	Mar 15 – Mar 29	Apr 26 – May 10	—	Jun 29 – Jul 20
Cabbage	Mar 15 – Mar 29	Apr 19 – May 3	—	Jun 29 – Jul 20
Cauliflower	Mar 15 – Mar 29	Apr 26 – May 10	—	Jun 29 – Jul 20
Okra	Mar 29 – Apr 12	May 31 – Jun 14	May 31 – Jun 14	—
Basil	Mar 29 – Apr 12	May 17 – May 31	—	—
Peas	—	—	Mar 29 – Apr 19	Jul 13 – Aug 3
Spinach	—	—	Mar 29 – Apr 19	Aug 10 – Aug 31
Radishes	—	—	Apr 5 – May 17	Aug 24 – Sep 14
Cucumbers	Apr 12 – Apr 19	May 24 – May 31	May 17 – May 31	Jul 20 – Aug 3
Zucchini & Summer Squash	Apr 12 – Apr 19	—	May 17 – May 31	Jul 27 – Aug 10
Winter Squash & Pumpkins	Apr 12 – Apr 19	—	May 17 – May 31	—
Melons & Watermelon	Apr 12 – Apr 19	May 24 – Jun 7	—	—
Carrots	—	—	Apr 19 – May 17	Jul 13 – Jul 27
Beets	—	—	Apr 19 – May 17	Jul 27 – Aug 10
Potatoes	—	—	Apr 19 – May 10	—
Swiss Chard	—	—	Apr 26 – May 24	Jul 27 – Aug 10
Cilantro	—	—	Apr 26 – May 17	Aug 10 – Aug 31
Green Beans	—	—	May 17 – Jun 7	Jul 20 – Aug 3
Sweet Corn	—	—	May 17 – May 31	—
Sweet Potatoes	—	May 24 – Jun 14	—	—
Garlic	—	—	—	Sep 21 – Oct 26

Wait until after May 25 (only a 10% chance of frost) to plant out the most frost-tender crops: tomatoes, peppers, basil, melons.