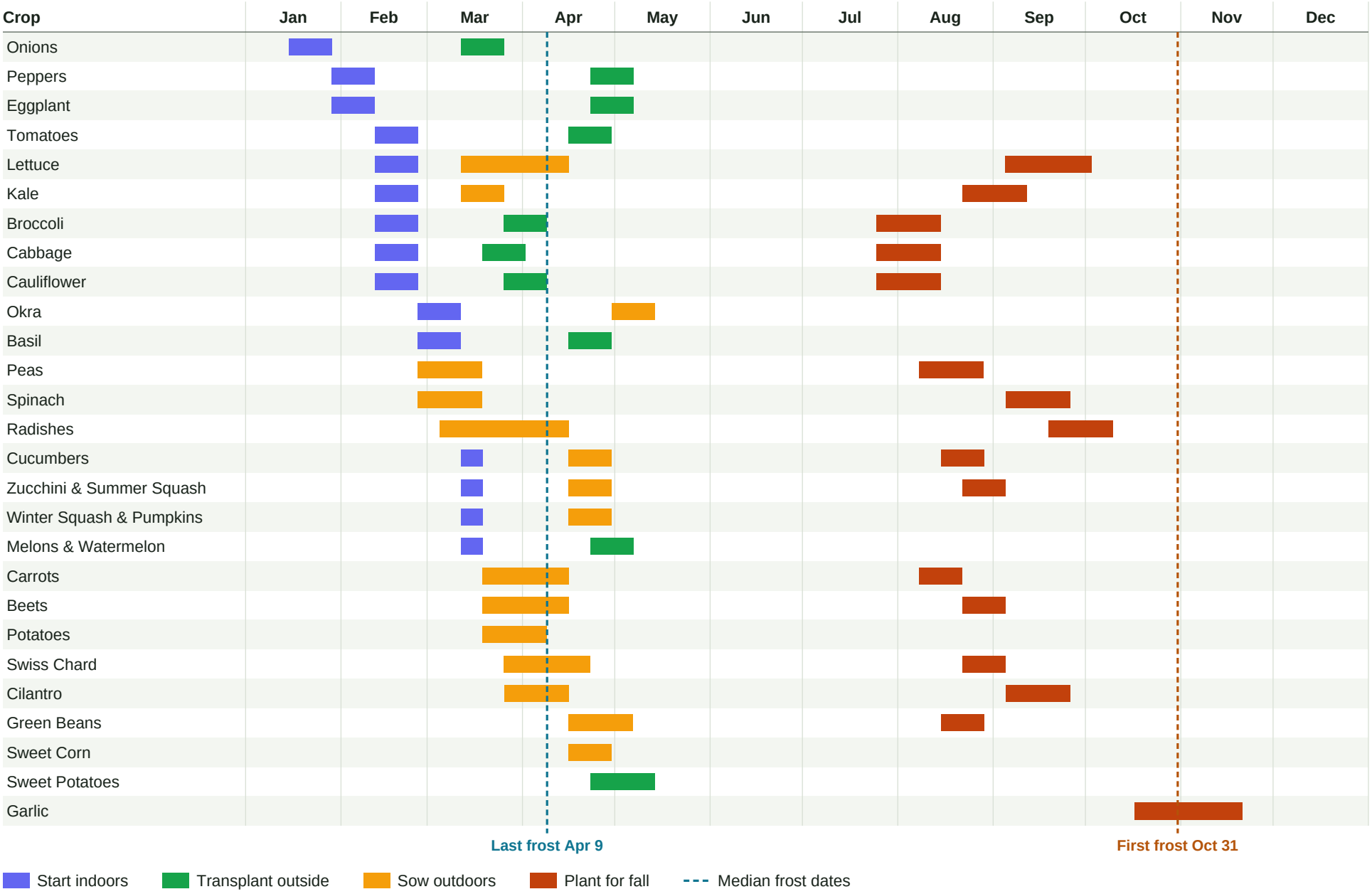
Helena, OK planting calendar

Median last frost Apr 9 (10% chance of frost after Apr 23) · Median first frost Oct 31 · 205-day growing season · Zone 7a



Helena, OK planting dates

Median last frost Apr 9 (10% chance of frost after Apr 23) · Median first frost Oct 31 · 205-day growing season · Zone 7a

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 5 – Oct 3
Kale	Feb 12 – Feb 26	Mar 12 – Mar 26	Mar 12 – Mar 26	Aug 22 – Sep 12
Broccoli	Feb 12 – Feb 26	Mar 26 – Apr 9	—	Jul 25 – Aug 15
Cabbage	Feb 12 – Feb 26	Mar 19 – Apr 2	—	Jul 25 – Aug 15
Cauliflower	Feb 12 – Feb 26	Mar 26 – Apr 9	—	Jul 25 – Aug 15
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 8 – Aug 29
Spinach	—	—	Feb 26 – Mar 19	Sep 5 – Sep 26
Radishes	—	—	Mar 5 – Apr 16	Sep 19 – Oct 10
Cucumbers	Mar 12 – Mar 19	Apr 23 – Apr 30	Apr 16 – Apr 30	Aug 15 – Aug 29
Zucchini & Summer Squash	Mar 12 – Mar 19	—	Apr 16 – Apr 30	Aug 22 – Sep 5
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 8 – Aug 22
Beets	—	—	Mar 19 – Apr 16	Aug 22 – Sep 5
Potatoes	—	—	Mar 19 – Apr 9	—
Swiss Chard	—	—	Mar 26 – Apr 23	Aug 22 – Sep 5
Cilantro	—	—	Mar 26 – Apr 16	Sep 5 – Sep 26
Green Beans	—	—	Apr 16 – May 7	Aug 15 – Aug 29
Sweet Corn	—	—	Apr 16 – Apr 30	—
Sweet Potatoes	—	Apr 23 – May 14	—	—
Garlic	—	—	—	Oct 17 – Nov 21

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