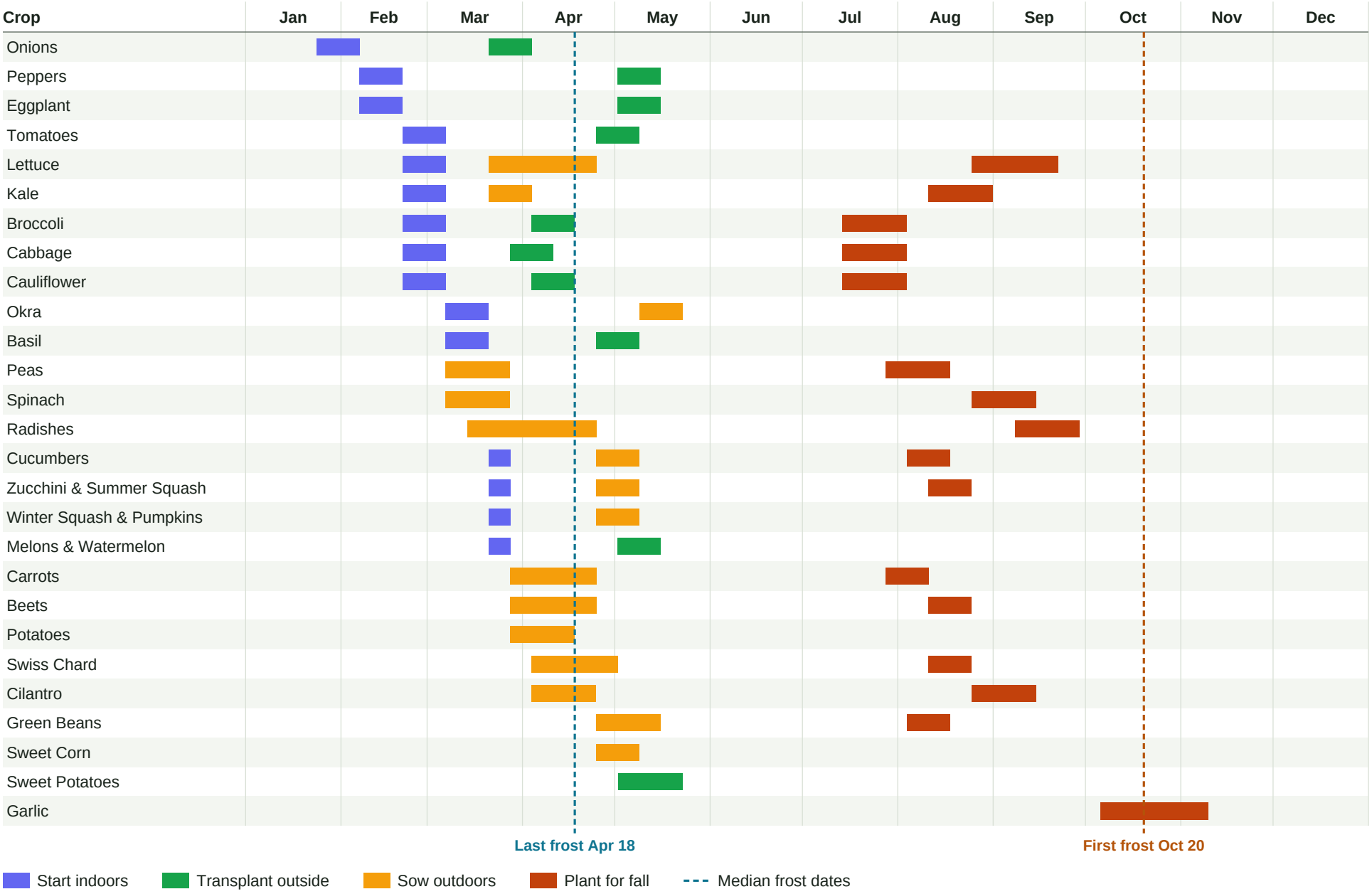
Lamont, OK planting calendar

Median last frost Apr 18 (10% chance of frost after May 2) · Median first frost Oct 20 · 185-day growing season · Zone 7a



Lamont, OK planting dates

Median last frost Apr 18 (10% chance of frost after May 2) · Median first frost Oct 20 · 185-day growing season · Zone 7a

Crop	Start indoors	Transplant outside	Sow outdoors	Plant for fall
Onions	Jan 24 – Feb 7	Mar 21 – Apr 4	—	—
Peppers	Feb 7 – Feb 21	May 2 – May 16	—	—
Eggplant	Feb 7 – Feb 21	May 2 – May 16	—	—
Tomatoes	Feb 21 – Mar 7	Apr 25 – May 9	—	—
Lettuce	Feb 21 – Mar 7	Mar 28 – Apr 11	Mar 21 – Apr 25	Aug 25 – Sep 22
Kale	Feb 21 – Mar 7	Mar 21 – Apr 4	Mar 21 – Apr 4	Aug 11 – Sep 1
Broccoli	Feb 21 – Mar 7	Apr 4 – Apr 18	—	Jul 14 – Aug 4
Cabbage	Feb 21 – Mar 7	Mar 28 – Apr 11	—	Jul 14 – Aug 4
Cauliflower	Feb 21 – Mar 7	Apr 4 – Apr 18	—	Jul 14 – Aug 4
Okra	Mar 7 – Mar 21	May 9 – May 23	May 9 – May 23	—
Basil	Mar 7 – Mar 21	Apr 25 – May 9	—	—
Peas	—	—	Mar 7 – Mar 28	Jul 28 – Aug 18
Spinach	—	—	Mar 7 – Mar 28	Aug 25 – Sep 15
Radishes	—	—	Mar 14 – Apr 25	Sep 8 – Sep 29
Cucumbers	Mar 21 – Mar 28	May 2 – May 9	Apr 25 – May 9	Aug 4 – Aug 18
Zucchini & Summer Squash	Mar 21 – Mar 28	—	Apr 25 – May 9	Aug 11 – Aug 25
Winter Squash & Pumpkins	Mar 21 – Mar 28	—	Apr 25 – May 9	—
Melons & Watermelon	Mar 21 – Mar 28	May 2 – May 16	—	—
Carrots	—	—	Mar 28 – Apr 25	Jul 28 – Aug 11
Beets	—	—	Mar 28 – Apr 25	Aug 11 – Aug 25
Potatoes	—	—	Mar 28 – Apr 18	—
Swiss Chard	—	—	Apr 4 – May 2	Aug 11 – Aug 25
Cilantro	—	—	Apr 4 – Apr 25	Aug 25 – Sep 15
Green Beans	—	—	Apr 25 – May 16	Aug 4 – Aug 18
Sweet Corn	—	—	Apr 25 – May 9	—
Sweet Potatoes	—	May 2 – May 23	—	—
Garlic	—	—	—	Oct 6 – Nov 10

Wait until after May 2 (only a 10% chance of frost) to plant out the most frost-tender crops: tomatoes, peppers, basil, melons.