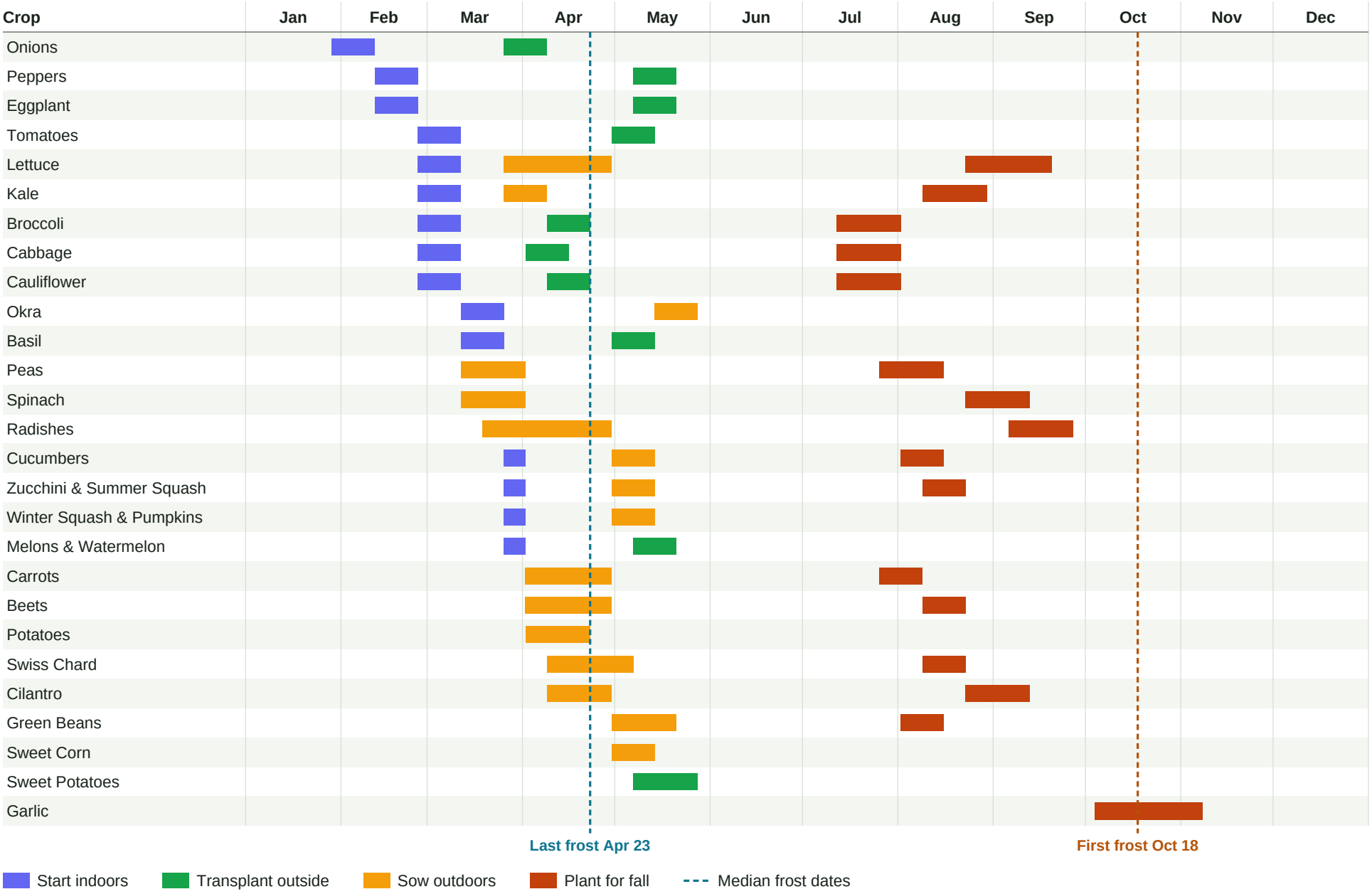
Helenwood, TN planting calendar

Median last frost Apr 23 (10% chance of frost after May 12) · Median first frost Oct 18 · 178-day growing season · Zone 7a



Helenwood, TN planting dates

Median last frost Apr 23 (10% chance of frost after May 12) · Median first frost Oct 18 · 178-day growing season · Zone 7a

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 23 – Sep 20
Kale	Feb 26 – Mar 12	Mar 26 – Apr 9	Mar 26 – Apr 9	Aug 9 – Aug 30
Broccoli	Feb 26 – Mar 12	Apr 9 – Apr 23	—	Jul 12 – Aug 2
Cabbage	Feb 26 – Mar 12	Apr 2 – Apr 16	—	Jul 12 – Aug 2
Cauliflower	Feb 26 – Mar 12	Apr 9 – Apr 23	—	Jul 12 – Aug 2
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 26 – Aug 16
Spinach	—	—	Mar 12 – Apr 2	Aug 23 – Sep 13
Radishes	—	—	Mar 19 – Apr 30	Sep 6 – Sep 27
Cucumbers	Mar 26 – Apr 2	May 7 – May 14	Apr 30 – May 14	Aug 2 – Aug 16
Zucchini & Summer Squash	Mar 26 – Apr 2	—	Apr 30 – May 14	Aug 9 – Aug 23
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 26 – Aug 9
Beets	—	—	Apr 2 – Apr 30	Aug 9 – Aug 23
Potatoes	—	—	Apr 2 – Apr 23	—
Swiss Chard	—	—	Apr 9 – May 7	Aug 9 – Aug 23
Cilantro	—	—	Apr 9 – Apr 30	Aug 23 – Sep 13
Green Beans	—	—	Apr 30 – May 21	Aug 2 – Aug 16
Sweet Corn	—	—	Apr 30 – May 14	—
Sweet Potatoes	—	May 7 – May 28	—	—
Garlic	—	—	—	Oct 4 – Nov 8

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