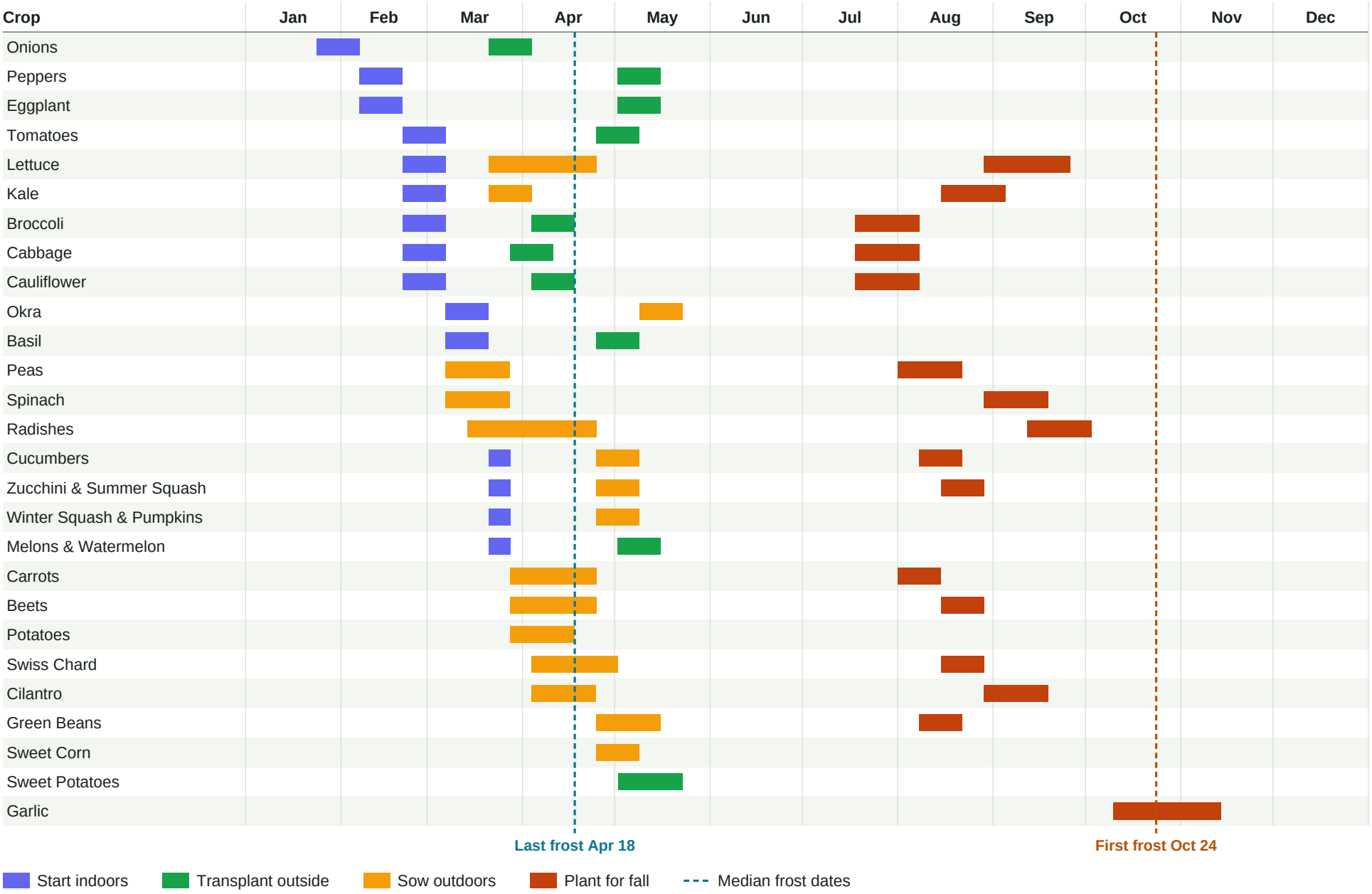
La Follette, TN planting calendar

Median last frost Apr 18 (10% chance of frost after May 3) · Median first frost Oct 24 · 189-day growing season · Zone 7a



La Follette, TN planting dates

Median last frost Apr 18 (10% chance of frost after May 3) · Median first frost Oct 24 · 189-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 29 – Sep 26
Kale	Feb 21 – Mar 7	Mar 21 – Apr 4	Mar 21 – Apr 4	Aug 15 – Sep 5
Broccoli	Feb 21 – Mar 7	Apr 4 – Apr 18	—	Jul 18 – Aug 8
Cabbage	Feb 21 – Mar 7	Mar 28 – Apr 11	—	Jul 18 – Aug 8
Cauliflower	Feb 21 – Mar 7	Apr 4 – Apr 18	—	Jul 18 – Aug 8
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	Aug 1 – Aug 22
Spinach	—	—	Mar 7 – Mar 28	Aug 29 – Sep 19
Radishes	—	—	Mar 14 – Apr 25	Sep 12 – Oct 3
Cucumbers	Mar 21 – Mar 28	May 2 – May 9	Apr 25 – May 9	Aug 8 – Aug 22
Zucchini & Summer Squash	Mar 21 – Mar 28	—	Apr 25 – May 9	Aug 15 – Aug 29
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	Aug 1 – Aug 15
Beets	—	—	Mar 28 – Apr 25	Aug 15 – Aug 29
Potatoes	—	—	Mar 28 – Apr 18	—
Swiss Chard	—	—	Apr 4 – May 2	Aug 15 – Aug 29
Cilantro	—	—	Apr 4 – Apr 25	Aug 29 – Sep 19
Green Beans	—	—	Apr 25 – May 16	Aug 8 – Aug 22
Sweet Corn	—	—	Apr 25 – May 9	—
Sweet Potatoes	—	May 2 – May 23	—	—
Garlic	—	—	—	Oct 10 – Nov 14

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