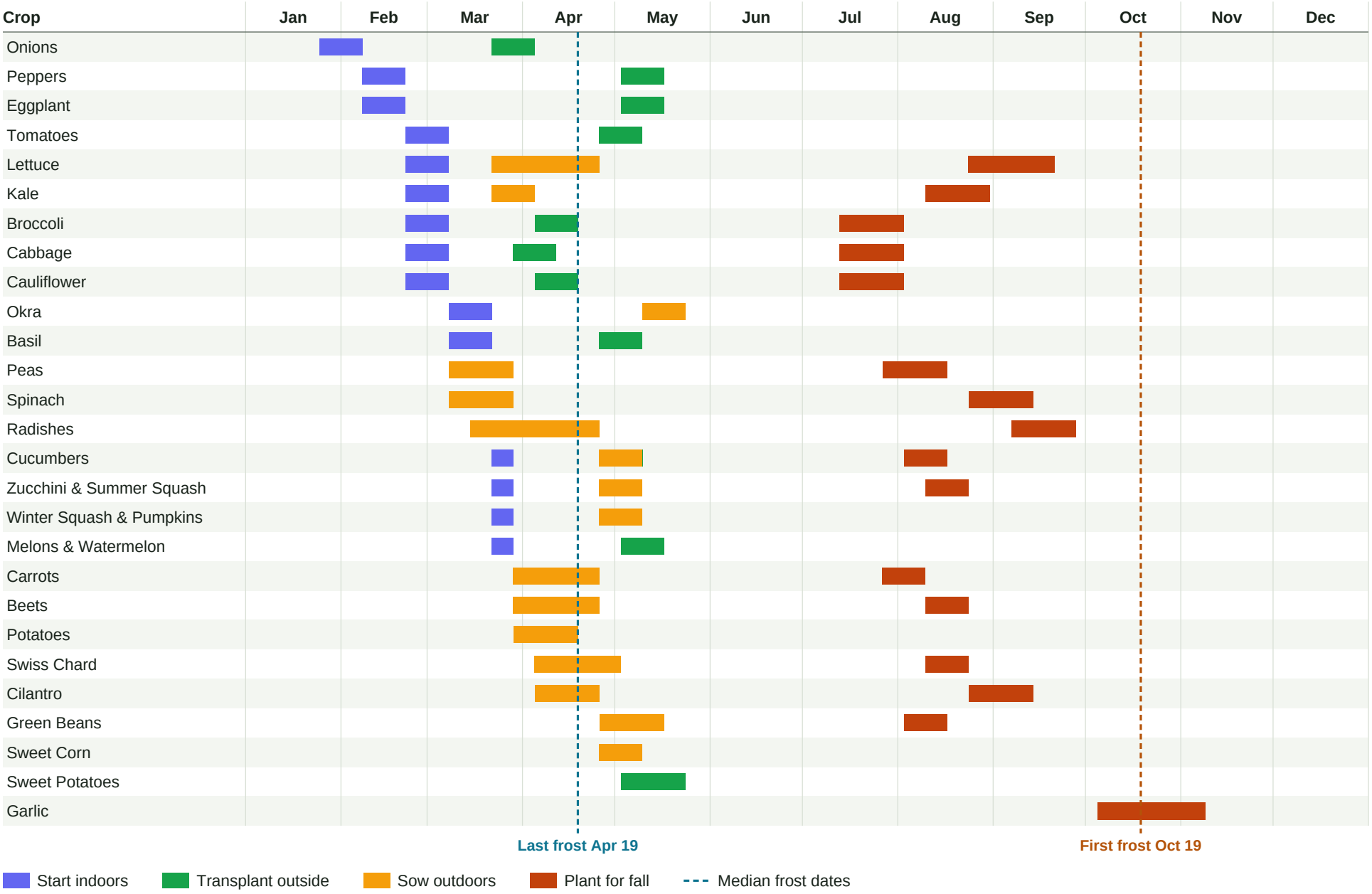
Orem, UT planting calendar

Median last frost Apr 19 (10% chance of frost after May 9) · Median first frost Oct 19 · 183-day growing season · Zone 7a



Orem, UT planting dates

Median last frost Apr 19 (10% chance of frost after May 9) · Median first frost Oct 19 · 183-day growing season · Zone 7a

Crop	Start indoors	Transplant outside	Sow outdoors	Plant for fall
Onions	Jan 25 – Feb 8	Mar 22 – Apr 5	—	—
Peppers	Feb 8 – Feb 22	May 3 – May 17	—	—
Eggplant	Feb 8 – Feb 22	May 3 – May 17	—	—
Tomatoes	Feb 22 – Mar 8	Apr 26 – May 10	—	—
Lettuce	Feb 22 – Mar 8	Mar 29 – Apr 12	Mar 22 – Apr 26	Aug 24 – Sep 21
Kale	Feb 22 – Mar 8	Mar 22 – Apr 5	Mar 22 – Apr 5	Aug 10 – Aug 31
Broccoli	Feb 22 – Mar 8	Apr 5 – Apr 19	—	Jul 13 – Aug 3
Cabbage	Feb 22 – Mar 8	Mar 29 – Apr 12	—	Jul 13 – Aug 3
Cauliflower	Feb 22 – Mar 8	Apr 5 – Apr 19	—	Jul 13 – Aug 3
Okra	Mar 8 – Mar 22	May 10 – May 24	May 10 – May 24	—
Basil	Mar 8 – Mar 22	Apr 26 – May 10	—	—
Peas	—	—	Mar 8 – Mar 29	Jul 27 – Aug 17
Spinach	—	—	Mar 8 – Mar 29	Aug 24 – Sep 14
Radishes	—	—	Mar 15 – Apr 26	Sep 7 – Sep 28
Cucumbers	Mar 22 – Mar 29	May 3 – May 10	Apr 26 – May 10	Aug 3 – Aug 17
Zucchini & Summer Squash	Mar 22 – Mar 29	—	Apr 26 – May 10	Aug 10 – Aug 24
Winter Squash & Pumpkins	Mar 22 – Mar 29	—	Apr 26 – May 10	—
Melons & Watermelon	Mar 22 – Mar 29	May 3 – May 17	—	—
Carrots	—	—	Mar 29 – Apr 26	Jul 27 – Aug 10
Beets	—	—	Mar 29 – Apr 26	Aug 10 – Aug 24
Potatoes	—	—	Mar 29 – Apr 19	—
Swiss Chard	—	—	Apr 5 – May 3	Aug 10 – Aug 24
Cilantro	—	—	Apr 5 – Apr 26	Aug 24 – Sep 14
Green Beans	—	—	Apr 26 – May 17	Aug 3 – Aug 17
Sweet Corn	—	—	Apr 26 – May 10	—
Sweet Potatoes	—	May 3 – May 24	—	—
Garlic	—	—	—	Oct 5 – Nov 9

Wait until after May 9 (only a 10% chance of frost) to plant out the most frost-tender crops: tomatoes, peppers, basil, melons.