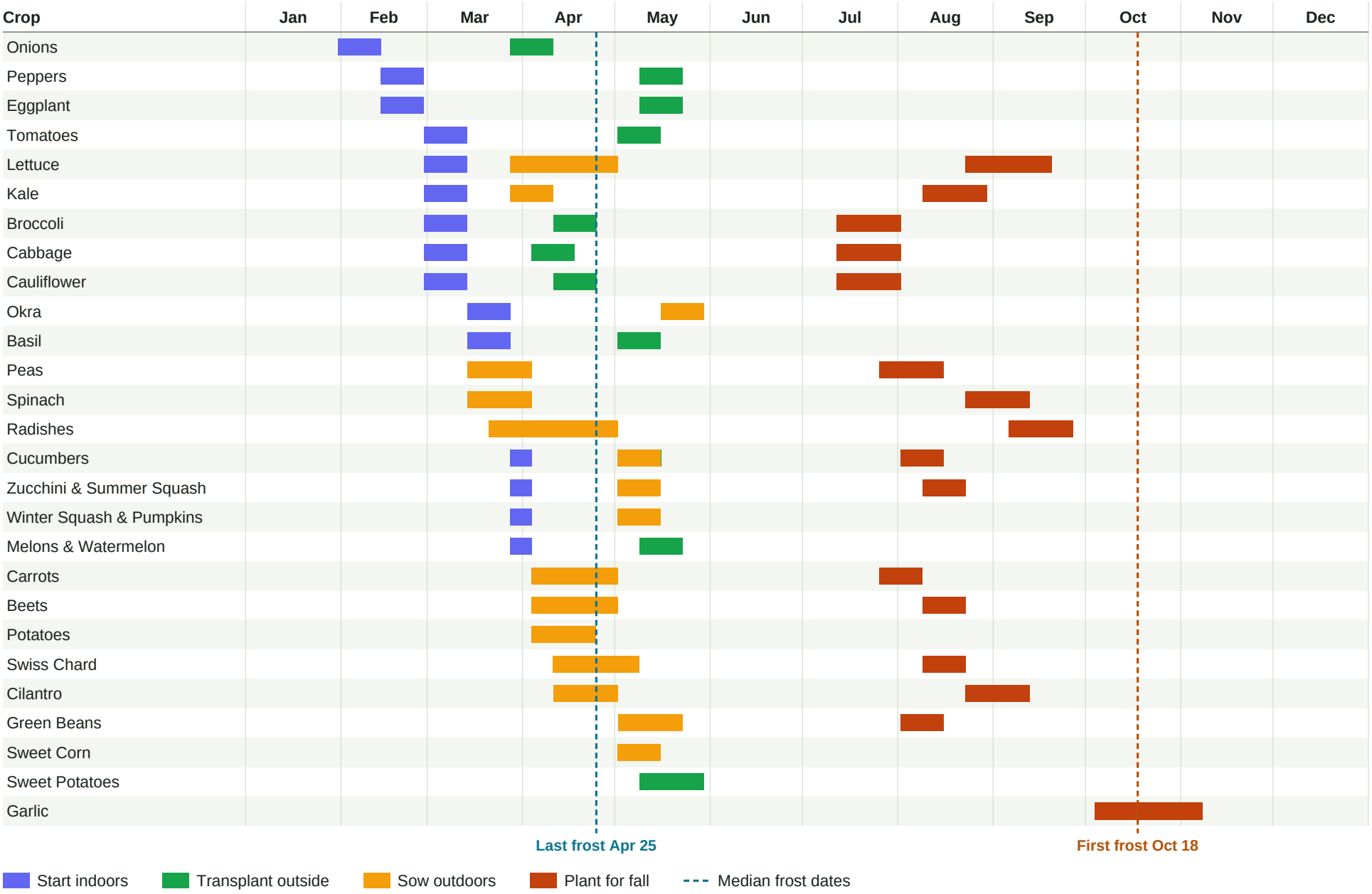
Orem, UT planting calendar

Median last frost Apr 25 (10% chance of frost after May 13) · Median first frost Oct 18 · 176-day growing season · Zone 7a



Orem, UT planting dates

Median last frost Apr 25 (10% chance of frost after May 13) · Median first frost Oct 18 · 176-day growing season · Zone 7a

Crop	Start indoors	Transplant outside	Sow outdoors	Plant for fall
Onions	Jan 31 – Feb 14	Mar 28 – Apr 11	—	—
Peppers	Feb 14 – Feb 28	May 9 – May 23	—	—
Eggplant	Feb 14 – Feb 28	May 9 – May 23	—	—
Tomatoes	Feb 28 – Mar 14	May 2 – May 16	—	—
Lettuce	Feb 28 – Mar 14	Apr 4 – Apr 18	Mar 28 – May 2	Aug 23 – Sep 20
Kale	Feb 28 – Mar 14	Mar 28 – Apr 11	Mar 28 – Apr 11	Aug 9 – Aug 30
Broccoli	Feb 28 – Mar 14	Apr 11 – Apr 25	—	Jul 12 – Aug 2
Cabbage	Feb 28 – Mar 14	Apr 4 – Apr 18	—	Jul 12 – Aug 2
Cauliflower	Feb 28 – Mar 14	Apr 11 – Apr 25	—	Jul 12 – Aug 2
Okra	Mar 14 – Mar 28	May 16 – May 30	May 16 – May 30	—
Basil	Mar 14 – Mar 28	May 2 – May 16	—	—
Peas	—	—	Mar 14 – Apr 4	Jul 26 – Aug 16
Spinach	—	—	Mar 14 – Apr 4	Aug 23 – Sep 13
Radishes	—	—	Mar 21 – May 2	Sep 6 – Sep 27
Cucumbers	Mar 28 – Apr 4	May 9 – May 16	May 2 – May 16	Aug 2 – Aug 16
Zucchini & Summer Squash	Mar 28 – Apr 4	—	May 2 – May 16	Aug 9 – Aug 23
Winter Squash & Pumpkins	Mar 28 – Apr 4	—	May 2 – May 16	—
Melons & Watermelon	Mar 28 – Apr 4	May 9 – May 23	—	—
Carrots	—	—	Apr 4 – May 2	Jul 26 – Aug 9
Beets	—	—	Apr 4 – May 2	Aug 9 – Aug 23
Potatoes	—	—	Apr 4 – Apr 25	—
Swiss Chard	—	—	Apr 11 – May 9	Aug 9 – Aug 23
Cilantro	—	—	Apr 11 – May 2	Aug 23 – Sep 13
Green Beans	—	—	May 2 – May 23	Aug 2 – Aug 16
Sweet Corn	—	—	May 2 – May 16	—
Sweet Potatoes	—	May 9 – May 30	—	—
Garlic	—	—	—	Oct 4 – Nov 8

Wait until after May 13 (only a 10% chance of frost) to plant out the most frost-tender crops: tomatoes, peppers, basil, melons.