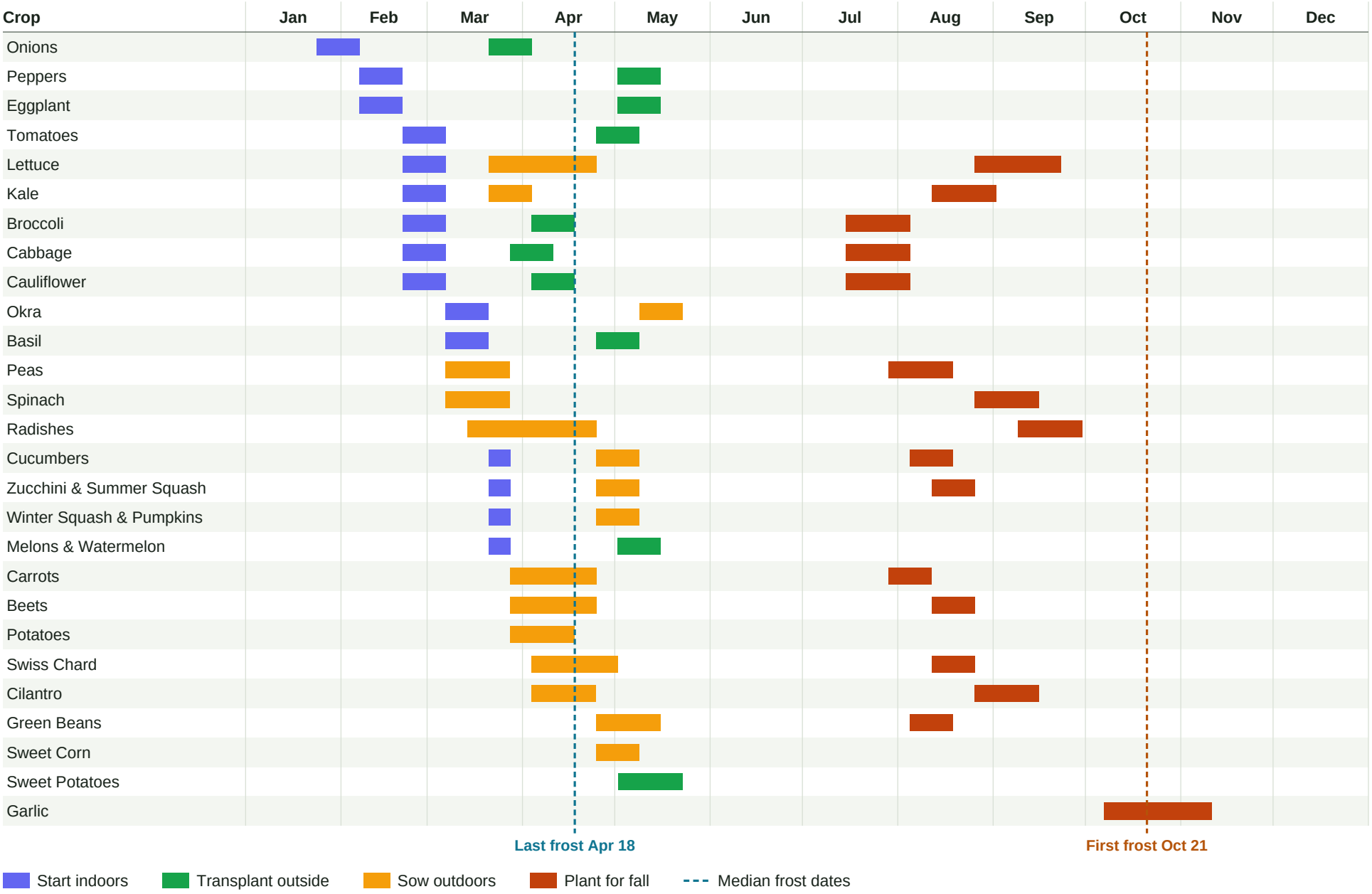
Orem, UT planting calendar

Median last frost Apr 18 (10% chance of frost after May 5) · Median first frost Oct 21 · 186-day growing season · Zone 7a



Orem, UT planting dates

Median last frost Apr 18 (10% chance of frost after May 5) · Median first frost Oct 21 · 186-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 26 – Sep 23
Kale	Feb 21 – Mar 7	Mar 21 – Apr 4	Mar 21 – Apr 4	Aug 12 – Sep 2
Broccoli	Feb 21 – Mar 7	Apr 4 – Apr 18	—	Jul 15 – Aug 5
Cabbage	Feb 21 – Mar 7	Mar 28 – Apr 11	—	Jul 15 – Aug 5
Cauliflower	Feb 21 – Mar 7	Apr 4 – Apr 18	—	Jul 15 – Aug 5
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 29 – Aug 19
Spinach	—	—	Mar 7 – Mar 28	Aug 26 – Sep 16
Radishes	—	—	Mar 14 – Apr 25	Sep 9 – Sep 30
Cucumbers	Mar 21 – Mar 28	May 2 – May 9	Apr 25 – May 9	Aug 5 – Aug 19
Zucchini & Summer Squash	Mar 21 – Mar 28	—	Apr 25 – May 9	Aug 12 – Aug 26
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 29 – Aug 12
Beets	—	—	Mar 28 – Apr 25	Aug 12 – Aug 26
Potatoes	—	—	Mar 28 – Apr 18	—
Swiss Chard	—	—	Apr 4 – May 2	Aug 12 – Aug 26
Cilantro	—	—	Apr 4 – Apr 25	Aug 26 – Sep 16
Green Beans	—	—	Apr 25 – May 16	Aug 5 – Aug 19
Sweet Corn	—	—	Apr 25 – May 9	—
Sweet Potatoes	—	May 2 – May 23	—	—
Garlic	—	—	—	Oct 7 – Nov 11

Wait until after May 5 (only a 10% chance of frost) to plant out the most frost-tender crops: tomatoes, peppers, basil, melons.