



Nature & Nurture Seeds' Fall Planting Dates For USDA Zone 5

Plant by these dates for a Fall harvest

Arugula	8/1-9/15
Asian greens	9/1
Beans (snap, bush)	7/10
Beet	7/1-8/1
Broccoli	7/1-7/15
Cabbage	7/1-7/15
Carrot	7/1
Chard, Swiss	7/1-8/1
Chicory*	8/15-9/1
Cover Crop (rye/vetch)	8/1-9/30
Kale (large plants)	8/1
Kale (baby leaf)	9/1
Lettuce (leaf lettuce)*	8/15
Lettuce (head)	7/1-8/7
Mizuna	9/15
Mustard (Osaka Hardy)	8/1-8/30
Peas	8/1
Radish (early maturing types)	8/15-9/7
Salad mix	8/15
Spinach*	8/15
Turnip	8/1

*These crops' seeds like cool temperatures for germination so seeds may not germinate if the soil temperature is too high. Try covering the soil (with fabric or a board) to keep the sun off and help keep the soil cool.