



# Nature & Nurture Seeds'

# Fall Planting Dates

## For USDA Zone 5

**Start seeds by these dates for a Fall harvest**

Arugula	8/1-9/15
Beans (snap, bush)	7/15
Beet	8/1
Bok Choy	8/1
Broccoli	7/15
Cabbage	7/15
Carrot	Late types 7/1, Early types 7/15
Chard, Swiss	8/1
Chicory*	9/1
Chijimisai	8/15
Chinese (Napa) Cabbage	7/1-7/15
Cilantro	9/1
Collards	8/1
Cover Crop (rye/vetch)	8/1-9/30
Kale (for large plants)	8/1
Kale (for baby leaf)	9/1
Kohlrabi	7/15
Leeks	6/15
Lettuce (head lettuce)*	8/7
Lettuce (leaf lettuce)*	9/7
Mizuna mustard greens	8/1-9/1
Mustard greens (Osaka Hardy)	8/1-9/1
Peas	7/1
Radish (early maturing types)	9/7
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.