

## Cold Weather Vegetables

Cold weather vegetables are hardy plants that can handle varying levels of frost and freezing temperatures. They can be planted several weeks before the last frost.

Cold weather crops germinate in cold soil and mature with cool weather and short periods of daylight. Pea, onion, and lettuce seeds will germinate in temperatures as low as 35°F, this means that their seeds can be planted in the ground as soon as the ground is unfrozen and workable.

A few of the most common cold weather vegetables are:

- Arugula
- Beets
- Broccoli
- Carrots
- Cabbage
- Collards
- Kale
- Lettuce
- Onions
- Peas
- Potatoes (April 15)
- Radishes
- Spinach
- Swiss Chard
- Turnips

In our handbook You will find basic instructions for planting many of these cold weather vegetables mentioned above. A great way to get a head start for any plants, would be to start your plants indoors. You can then transplant your plants as seedlings / transplants when the conditions are just right for planting in the garden. Many cold weather vegetable crops can be started indoors from six to eight weeks before the last frost date. This head start can be a good thing if your garden space is small.

In some planting zones with some strategic planning the cold weather crops can be ready for harvest around the time your warm weather plants are ready to be transplanted into the newly prepared space of your recently harvested cold weather garden. If you take the time to plan and be prepared with warm weather seedlings and transplants, this can be a seamless transformation. Also consider planting cold weather crops in late summer for a harvest way beyond the first fall frost.

Some crops that are successfully planted in a fall garden are peas, spinach, lettuce and Swiss chard. All cold weather vegetables are hardy plants that can handle varying levels of frost and freezing temperatures.

Bush beans are also a good choice for your fall garden as they need about 60 days to produce fruit. So, if you were to plant July 1<sup>st</sup> you should begin to harvest about September 1<sup>st</sup>.



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