

Frost Date & Zone Chart

The two dates the whole garden calendar hangs on.

Your average last spring frost and first fall frost set the whole season. Start from the zone averages below — then log your own dates, because your yard is not the airport the averages came from.

AVERAGE FROST DATES BY USDA HARDINESS ZONE

ZONE	LAST SPRING FROST	FIRST FALL FROST	FROST-FREE DAYS
3	May 15 – 31	Sep 1 – 15	≈ 90 – 120
4	May 1 – 15	Sep 15 – 30	≈ 120 – 150
5	Apr 15 – 30	Oct 1 – 15	≈ 150 – 180
6	Apr 1 – 15	Oct 15 – 31	≈ 180 – 210
7	Mar 15 – 30	Nov 1 – 15	≈ 210 – 240
8	Mar 1 – 15	Nov 15 – 30	≈ 240 – 270
9	Feb 1 – 28	Dec 1 – 15	≈ 270 – 300
10	rarely frosts	rarely frosts	300 +

Start indoors — count back from your last frost

- Tomatoes 6 – 8 weeks · Peppers & eggplant 8 – 10 weeks
- Brassicas 4 – 6 weeks · Lettuce & greens 3 – 4 weeks
- Cucurbits (squash, cucumber) 3 – 4 weeks — they resent transplanting, don't rush

YOUR DATES — OBSERVED ON YOUR LAND

YEAR	LAST SPRING FROST	FIRST FALL FROST	NOTES

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