

Seattle, WA Vegetable Planting Calendar

Here are planting dates for 26 vegetables in Seattle, for the 2027 season, based on 1991–2020 normals. We start from the 32°F frost odds at Seattle Sand Point (6.5 mi NE) and apply CSU Extension timing rules, each listed below with its source.

These are Colorado State University Extension (spring) and University of Nebraska–Lincoln Extension (fall) timing rules, applied to Seattle's own NOAA frost dates. Washington extension guidance may differ, so check it too.

Frost anchors: typical last frost Mar 8 (50%), balanced Mar 16 (30%), safe Mar 29 (10%); typical first frost Nov 23. Station Seattle Sand Point (USW00094290), confidence High. USDA zone 9a (2023). Seattle frost dates & growing zone.

Spring planting dates

“Plant out” means transplanting for crops started indoors and sowing or planting directly in the garden for the others. Each column applies CSU Extension's timing rule to a different last-frost anchor: **aggressive** = typical date (Mar 8, 50% risk), **balanced** = Mar 16 (30%), **safe** = Mar 29 (10%). For hardy crops the cell shows the CSU “as early as” window.

Seattle spring planting (2027 season)

Crop	How	Start indoors	Plant out: aggressive (50%)	Balanced (30%)	Safe (10%)	Min. soil temp
Tomatoes Very tender (warm season)	transplant	Apr 22 – May 6	Jun 10	Jun 10	Jun 10	50°F
Peppers Very tender (warm season)	transplant	Feb 2–16	Mar 22	Mar 30	Apr 12	60°F
Potatoes Semi-hardy (cool season)	plant (seed pieces)	–	Feb 22 – Mar 8	Mar 2–16	Mar 15–29	45°F
Onions (dry, from sets) Hardy (cool season)	plant sets	–	Feb 8–22	Feb 16 – Mar 2	Mar 1–15	35°F
Peas Hardy (cool season)	direct sow	–	Feb 8–22	Feb 16 – Mar 2	Mar 1–15	40°F
Lettuce (leaf) Hardy (cool season)	direct sow	–	Feb 8–22	Feb 16 – Mar 2	Mar 1–15	35°F
Carrots Semi-hardy (cool season)	direct sow	–	Feb 22 – Mar 8	Mar 2–16	Mar 15–29	40°F
Beans (snap) Tender (warm season)	direct sow	–	Mar 8	Mar 16	Mar 29	55°F
Summer squash Tender (warm season)	direct sow	–	Mar 8	Mar 16	Mar 29	60°F

Crop	How	Start indoors	Plant out: aggressive (50%)	Balanced (30%)	Safe (10%)	Min. soil temp
Broccoli Hardy (cool season)	transplant	Dec 29 – Jan 12	Feb 8–22	Feb 16 – Mar 2	Mar 1–15	40°F
Cabbage Hardy (cool season)	transplant	Dec 29 – Jan 12	Feb 8–22	Feb 16 – Mar 2	Mar 1–15	40°F
Cauliflower Semi-hardy (cool season)	transplant	Jan 12–26	Feb 22 – Mar 8	Mar 2–16	Mar 15–29	40°F
Kohlrabi Hardy (cool season)	direct sow	–	Feb 8–22	Feb 16 – Mar 2	Mar 1–15	40°F
Green onions Hardy (cool season)	direct sow	–	Feb 8–22	Feb 16 – Mar 2	Mar 1–15	35°F
Radishes Hardy (cool season)	direct sow	–	Feb 8–22	Feb 16 – Mar 2	Mar 1–15	40°F
Spinach Hardy (cool season)	direct sow	–	Feb 8–22	Feb 16 – Mar 2	Mar 1–15	40°F
Turnips Hardy (cool season)	direct sow	–	Feb 8–22	Feb 16 – Mar 2	Mar 1–15	40°F
Beets Semi-hardy (cool season)	direct sow	–	Feb 22 – Mar 8	Mar 2–16	Mar 15–29	40°F
Swiss chard Semi-hardy (cool season)	direct sow	–	Feb 22 – Mar 8	Mar 2–16	Mar 15–29	40°F

Crop	How	Start indoors	Plant out: aggressive (50%)	Balanced (30%)	Safe (10%)	Min. soil temp
Parsnips Semi-hardy (cool season)	direct sow	–	Feb 22 – Mar 8	Mar 2–16	Mar 15–29	35°F
Sweet corn Tender (warm season)	direct sow	–	Mar 8	Mar 16	Mar 29	50°F
Cucumbers Tender (warm season)	direct sow	–	Mar 8	Mar 16	Mar 29	60°F
Eggplant Very tender (warm season)	transplant	Jan 26 – Feb 16	Mar 22	Mar 30	Apr 12	60°F
Cantaloupe Very tender (warm season)	direct sow	–	Mar 22	Mar 30	Apr 12	60°F
Watermelon Very tender (warm season)	direct sow	–	Mar 22	Mar 30	Apr 12	60°F
Winter squash Very tender (warm season)	direct sow	–	Mar 22	Mar 30	Apr 12	60°F

Before sowing, check the soil too. CSU recommends taking its temperature at 4 inches (6 inches for beans). Since NOAA publishes no soil-temperature normals, we give CSU's minimum soil temperature for each crop rather than a date.

Fall planting dates

Latest dates for a fall harvest, using the University of Nebraska–Lincoln Extension count-back formula: days to harvest (CSU) + 14-day fall factor + 14-day frost-tender factor for frost-sensitive crops, counted back from the first-frost date. For transplanted crops (CSU days are from transplant) the result is the latest transplant date; seeds go in CSU's transplant-age weeks earlier. We add no harvest period, so these dates give you a first harvest by the first frost, not a long harvest.

Seattle fall planting

Crop	How	Days counted back	By (typical first frost Nov 23)	By (early first frost Nov 4)
Peas	sow	79	Sep 5	Aug 17
Lettuce (leaf)	sow	74	Sep 10	Aug 22
Carrots	sow	84	Aug 31	Aug 12
Beans (snap)	sow	88 (frost-tender)	Aug 27	Aug 8
Summer squash	sow	78 (frost-tender)	Sep 6	Aug 18
Broccoli	transplant (start seeds Jul 18 – Aug 1)	79	Sep 5	Aug 17
Cabbage	transplant (start seeds Jun 28 – Jul 12)	99	Aug 16	Jul 28
Kohlrabi	sow	64	Sep 20	Sep 1
Green onions	sow	74	Sep 10	Aug 22
Radishes	sow	44	Oct 10	Sep 21
Spinach	sow	54	Sep 30	Sep 11
Turnips	sow	64	Sep 20	Sep 1
Beets	sow	74	Sep 10	Aug 22
Swiss chard	sow	74	Sep 10	Aug 22
Cucumbers	sow	83 (frost-tender)	Sep 1	Aug 13

Month-by-month: what to plant in Seattle

What to plant in Seattle in January

- Start cauliflower seeds indoors (Jan 12–26)
- Start eggplant seeds indoors (Jan 26 – Feb 16)
- Start broccoli seeds indoors (Dec 29 – Jan 12)

- Start cabbage seeds indoors (Dec 29 – Jan 12)

What to plant in Seattle in February

- Start pepper seeds indoors (Feb 2–16)
- Onions (dry, from sets): plant sets outdoors (Feb 8 – Mar 15)
- Peas: direct sow outdoors (Feb 8 – Mar 15)
- Lettuce (leaf): direct sow outdoors (Feb 8 – Mar 15)
- Broccoli: transplant outdoors (Feb 8 – Mar 15)
- Cabbage: transplant outdoors (Feb 8 – Mar 15)
- Kohlrabi: direct sow outdoors (Feb 8 – Mar 15)
- Green onions: direct sow outdoors (Feb 8 – Mar 15)
- Radishes: direct sow outdoors (Feb 8 – Mar 15)
- Spinach: direct sow outdoors (Feb 8 – Mar 15)
- Turnips: direct sow outdoors (Feb 8 – Mar 15)
- Potatoes: plant (seed pieces) outdoors (Feb 22 – Mar 29)
- Carrots: direct sow outdoors (Feb 22 – Mar 29)
- Cauliflower: transplant outdoors (Feb 22 – Mar 29)
- Beets: direct sow outdoors (Feb 22 – Mar 29)
- Swiss chard: direct sow outdoors (Feb 22 – Mar 29)
- Parsnips: direct sow outdoors (Feb 22 – Mar 29)
- Start eggplant seeds indoors (Jan 26 – Feb 16)

What to plant in Seattle in March

- Beans (snap): direct sow outdoors (Mar 8–29)
- Summer squash: direct sow outdoors (Mar 8–29)
- Sweet corn: direct sow outdoors (Mar 8–29)
- Cucumbers: direct sow outdoors (Mar 8–29)
- Peppers: transplant outdoors (Mar 22 – Apr 12)
- Eggplant: transplant outdoors (Mar 22 – Apr 12)
- Cantaloupe: direct sow outdoors (Mar 22 – Apr 12)
- Watermelon: direct sow outdoors (Mar 22 – Apr 12)
- Winter squash: direct sow outdoors (Mar 22 – Apr 12)
- Onions (dry, from sets): plant sets outdoors (Feb 8 – Mar 15)
- Peas: direct sow outdoors (Feb 8 – Mar 15)
- Lettuce (leaf): direct sow outdoors (Feb 8 – Mar 15)
- Broccoli: transplant outdoors (Feb 8 – Mar 15)
- Cabbage: transplant outdoors (Feb 8 – Mar 15)
- Kohlrabi: direct sow outdoors (Feb 8 – Mar 15)
- Green onions: direct sow outdoors (Feb 8 – Mar 15)
- Radishes: direct sow outdoors (Feb 8 – Mar 15)

- Spinach: direct sow outdoors (Feb 8 – Mar 15)
- Turnips: direct sow outdoors (Feb 8 – Mar 15)
- Potatoes: plant (seed pieces) outdoors (Feb 22 – Mar 29)
- Carrots: direct sow outdoors (Feb 22 – Mar 29)
- Cauliflower: transplant outdoors (Feb 22 – Mar 29)
- Beets: direct sow outdoors (Feb 22 – Mar 29)
- Swiss chard: direct sow outdoors (Feb 22 – Mar 29)
- Parsnips: direct sow outdoors (Feb 22 – Mar 29)

What to plant in Seattle in April

- Start tomato seeds indoors (Apr 22 – May 6)
- Peppers: transplant outdoors (Mar 22 – Apr 12)
- Eggplant: transplant outdoors (Mar 22 – Apr 12)
- Cantaloupe: direct sow outdoors (Mar 22 – Apr 12)
- Watermelon: direct sow outdoors (Mar 22 – Apr 12)
- Winter squash: direct sow outdoors (Mar 22 – Apr 12)

What to plant in Seattle in May

- Start tomato seeds indoors (Apr 22 – May 6)

What to plant in Seattle in June

- Tomatoes: transplant outdoors (Jun 10)
- Start cabbage seeds indoors for a fall crop (Jun 28 – Jul 12)

What to plant in Seattle in July

- Start broccoli seeds indoors for a fall crop (Jul 18 – Aug 1)
- Start cabbage seeds indoors for a fall crop (Jun 28 – Jul 12)

What to plant in Seattle in August

- Last day to set out cabbage transplants for a fall harvest (by Aug 16)
- Last day to sow beans (snap) for a fall harvest (by Aug 27)
- Last day to sow carrots for a fall harvest (by Aug 31)
- Start broccoli seeds indoors for a fall crop (Jul 18 – Aug 1)

What to plant in Seattle in September

- Last day to sow cucumbers for a fall harvest (by Sep 1)

- Last day to sow peas for a fall harvest (by Sep 5)
- Last day to set out broccoli transplants for a fall harvest (by Sep 5)
- Last day to sow summer squash for a fall harvest (by Sep 6)
- Last day to sow lettuce (leaf) for a fall harvest (by Sep 10)
- Last day to sow green onions for a fall harvest (by Sep 10)
- Last day to sow beets for a fall harvest (by Sep 10)
- Last day to sow swiss chard for a fall harvest (by Sep 10)
- Last day to sow kohlrabi for a fall harvest (by Sep 20)
- Last day to sow turnips for a fall harvest (by Sep 20)
- Last day to sow spinach for a fall harvest (by Sep 30)

What to plant in Seattle in October

- Last day to sow radishes for a fall harvest (by Oct 10)

What to plant in Seattle in December

- Start broccoli seeds indoors (Dec 29 – Jan 12)
- Start cabbage seeds indoors (Dec 29 – Jan 12)

Crop-by-crop notes

When to plant tomatoes in Seattle

Very tender crop. CSU Extension's rules are to set tomatoes out at least 2 weeks after the average last frost and only once nights are above 52°F. In Seattle, the frost rule alone would allow about Mar 22, but the average nightly low at Seattle Sand Point isn't above 52°F until Jun 10, so the night rule sets the date at every risk level: about Jun 10. Start seeds indoors Apr 22 – May 6, 5–7 weeks before transplanting on Jun 10. Below 55°F at night, fruit set suffers (CSU). At Seattle Sand Point, the normal low reaches 55°F on Jul 4. Using CSU's typical 65 days from transplant to harvest, tomato plants set out on Jun 10 would start producing around Aug 14. That's 101 days before the typical first frost (Nov 23).

When to plant peppers in Seattle

Very tender crop. Following CSU Extension's rule (2+ weeks after the average last frost), set peppers out around Mar 22 with the typical date, Mar 30 for a balanced choice, or Apr 12 with the safer 10% date. Sow seeds indoors Feb 2–16, 6–8 weeks before transplanting on Mar 30. CSU notes that nights under 55°F hurt fruit set. The normal low at Seattle Sand Point climbs to 55°F on Jul 4. Set out on Mar 30, pepper plants would start producing around Jun 8, based on CSU's typical 70 days from transplant to harvest. That leaves 168 days before the typical first frost (Nov 23).

When to plant potatoes in Seattle

Semi-hardy crop. CSU says potatoes can be planted as early as 0–2 weeks before the average last frost, in soil of at least 45°F. In Seattle, that's roughly Feb 22 – Mar 8 going by the typical date, or Mar 15–29 going by the safer date.

When to plant onions (dry, from sets) in Seattle

Hardy crop. Per CSU, onions (dry, from sets) can be planted as early as 2–4 weeks before the average last frost, as long as the soil is workable and at least 35°F. For Seattle, that works out to roughly Feb 8–22 (typical date) or Mar 1–15 (safer date).

When to plant peas in Seattle

Hardy crop. CSU says peas can go in as early as 2–4 weeks before the average last frost: roughly Feb 8–22 in Seattle using the typical date, or Mar 1–15 using the safer one. Wait until the soil can be worked and is at least 40°F. For fall, sow by Sep 5 (Aug 17 to be safe), which is 79 days before the first-frost date.

When to plant lettuce (leaf) in Seattle

Hardy crop. CSU says lettuce (leaf) can go in as early as 2–4 weeks before the average last frost: roughly Feb 8–22 in Seattle using the typical date, or Mar 1–15 using the safer one. Wait until the soil can be worked and is at least 35°F. For fall, sow by Sep 10 (Aug 22 to be safe), which is 74 days before the first-frost date.

When to plant carrots in Seattle

Semi-hardy crop. CSU says carrots can be planted as early as 0–2 weeks before the average last frost, in soil of at least 40°F. In Seattle, that's roughly Feb 22 – Mar 8 going by the typical date, or Mar 15–29 going by the safer date. For a fall crop, sow by Aug 31, or by Aug 12 to be safe. That's 84 days back from the first-frost date.

When to plant beans (snap) in Seattle

Tender crop. Sow beans (snap) around the average last frost, per CSU: about Mar 8 in Seattle. Waiting until Mar 29 cuts the chance of a later 32°F night to 1 in 10. Seeds need soil of at least 55°F. For a fall crop, sow by Aug 27, or by Aug 8 to be safe. That's 88 days back from the first-frost date.

When to plant summer squash in Seattle

Tender crop. Sow summer squash around the average last frost, per CSU: about Mar 8 in Seattle. Waiting until Mar 29 cuts the chance of a later 32°F night to 1 in 10. Seeds need soil of at least 60°F.

For fall, count back 78 days from the first-frost date. That means sowing by Sep 6, or by Aug 18 to be safe.

When to plant broccoli in Seattle

Hardy crop. Per CSU, broccoli can be planted as early as 2–4 weeks before the average last frost, as long as the soil is workable and at least 40°F. For Seattle, that works out to roughly Feb 8–22 (typical date) or Mar 1–15 (safer date). Using CSU's typical 65 days from transplant to harvest, broccoli plants set out on Feb 16 would start producing around Apr 22. That's 215 days before the typical first frost (Nov 23). Fall broccoli: set transplants out by Sep 5. The date counts back from the typical first frost (Nov 23) by UNL Extension's method, using CSU's 65 days from transplant to harvest. Home-grown transplants need seeds started Jul 18 – Aug 1 (CSU: 5–7 weeks).

When to plant cabbage in Seattle

Hardy crop. CSU says cabbage can go in as early as 2–4 weeks before the average last frost, once the soil can be worked and is at least 40°F. In Seattle, that's roughly Feb 8–22 going by the typical date, or Mar 1–15 going by the safer date. Set out on Feb 16, cabbage plants would start producing around May 12, based on CSU's typical 85 days from transplant to harvest. That leaves 195 days before the typical first frost (Nov 23). For a fall crop, set cabbage transplants out by Aug 16. That's UNL Extension's count-back from the typical first frost (Nov 23), using CSU's 85 days from transplant to harvest. If you grow your own transplants, start seeds Jun 28 – Jul 12 (CSU: 5–7 weeks to transplant size).

When to plant cauliflower in Seattle

Semi-hardy crop. CSU allows planting cauliflower as early as 0–2 weeks before the average last frost, in soil at 40°F or warmer. For Seattle, that's roughly Feb 22 – Mar 8 by the typical date or Mar 15–29 by the safer date.

When to plant kohlrabi in Seattle

Hardy crop. Per CSU, kohlrabi can be planted as early as 2–4 weeks before the average last frost, as long as the soil is workable and at least 40°F. For Seattle, that works out to roughly Feb 8–22 (typical date) or Mar 1–15 (safer date). For fall, count back 64 days from the first-frost date. That means sowing by Sep 20, or by Sep 1 to be safe.

When to plant green onions in Seattle

Hardy crop. Per CSU, green onions can be planted as early as 2–4 weeks before the average last frost, as long as the soil is workable and at least 35°F. For Seattle, that works out to roughly Feb 8–22

(typical date) or Mar 1–15 (safer date). For fall, count back 74 days from the first-frost date. That means sowing by Sep 10, or by Aug 22 to be safe.

When to plant radishes in Seattle

Hardy crop. CSU says radishes can go in as early as 2–4 weeks before the average last frost, once the soil can be worked and is at least 40°F. In Seattle, that's roughly Feb 8–22 going by the typical date, or Mar 1–15 going by the safer date. For a fall crop, sow by Oct 10, or by Sep 21 to be safe. That's 44 days back from the first-frost date.

When to plant spinach in Seattle

Hardy crop. Per CSU, spinach can be planted as early as 2–4 weeks before the average last frost, as long as the soil is workable and at least 40°F. For Seattle, that works out to roughly Feb 8–22 (typical date) or Mar 1–15 (safer date). For fall, sow by Sep 30 (Sep 11 to be safe), which is 54 days before the first-frost date.

When to plant turnips in Seattle

Hardy crop. CSU says turnips can go in as early as 2–4 weeks before the average last frost, once the soil can be worked and is at least 40°F. In Seattle, that's roughly Feb 8–22 going by the typical date, or Mar 1–15 going by the safer date. For fall, count back 64 days from the first-frost date. That means sowing by Sep 20, or by Sep 1 to be safe.

When to plant beets in Seattle

Semi-hardy crop. Per CSU, beets can go in as early as 0–2 weeks before the average last frost: roughly Feb 22 – Mar 8 in Seattle (typical date) or Mar 15–29 (safer date). The soil should be at least 40°F. For fall, count back 74 days from the first-frost date. That means sowing by Sep 10, or by Aug 22 to be safe.

When to plant swiss chard in Seattle

Semi-hardy crop. CSU says swiss chard can be planted as early as 0–2 weeks before the average last frost, in soil of at least 40°F. In Seattle, that's roughly Feb 22 – Mar 8 going by the typical date, or Mar 15–29 going by the safer date. For a fall crop, sow by Sep 10, or by Aug 22 to be safe. That's 74 days back from the first-frost date.

When to plant parsnips in Seattle

Semi-hardy crop. CSU says parsnips can be planted as early as 0–2 weeks before the average last frost, in soil of at least 35°F. In Seattle, that's roughly Feb 22 – Mar 8 going by the typical date, or Mar

15–29 going by the safer date.

When to plant sweet corn in Seattle

Tender crop. Sow sweet corn around the average last frost, per CSU: about Mar 8 in Seattle. Waiting until Mar 29 cuts the chance of a later 32°F night to 1 in 10. Seeds need soil of at least 50°F.

When to plant cucumbers in Seattle

Tender crop. Sow cucumbers around the average last frost, per CSU: about Mar 8 in Seattle. Waiting until Mar 29 cuts the chance of a later 32°F night to 1 in 10. Seeds need soil of at least 60°F. For a fall crop, sow by Sep 1, or by Aug 13 to be safe. That's 83 days back from the first-frost date.

When to plant eggplant in Seattle

Very tender crop. CSU Extension's rule is 2+ weeks after the average last frost, which puts eggplant outside around Mar 22 (typical date), Mar 30 (balanced) or Apr 12 (safer 10% date). Start seeds indoors Jan 26 – Feb 16, 6–9 weeks ahead of transplanting on Mar 30. CSU's typical time from transplant to harvest for eggplant plants is 60 days. Set out on Mar 30, they would start producing around May 29, 178 days before the typical first frost (Nov 23).

When to plant cantaloupe in Seattle

Very tender crop. CSU Extension says to plant cantaloupe 2+ weeks after the average last frost: about Mar 22 (typical date), Mar 30 (balanced) or Apr 12 (safer 10% date). Wait for soil of at least 60°F.

When to plant watermelon in Seattle

Very tender crop. CSU Extension's rule is to plant watermelon at least 2 weeks after the average last frost. That's about Mar 22 using the typical date, Mar 30 as a balanced choice, or Apr 12 if you go by the safer 10% date. Seeds need soil of at least 60°F.

When to plant winter squash in Seattle

Very tender crop. Following CSU Extension's rule of 2+ weeks after the average last frost, plant winter squash around Mar 22 at the earliest, Mar 30 as a balanced choice, or Apr 12 to be safe. CSU's minimum soil temperature is 60°F.

How these dates are calculated

Timing rules, their sources and where each source applies

Rule	Applies to	Source (scope)
Hardy (cool season): "As early as 2-4 weeks before the date of the average last spring frost."	Onions (dry, from sets), Peas, Lettuce (leaf), Broccoli, Cabbage, Kohlrabi, Green onions, Radishes, Spinach, Turnips	Colorado State University Extension, Vegetable Planting Guide (CMG GardenNotes #720) (written for Colorado; its frost-relative rules are applied to other states' NOAA frost dates and labelled as CSU (Colorado) rules)
Semi-hardy (cool season): "As early as 0-2 weeks before the date of the average last spring frost."	Potatoes, Carrots, Cauliflower, Beets, Swiss chard, Parsnips	Colorado State University Extension, Vegetable Planting Guide (CMG GardenNotes #720) (written for Colorado; its frost-relative rules are applied to other states' NOAA frost dates and labelled as CSU (Colorado) rules)
Tender (warm season): "From seed: around the date of the average last spring frost"	Beans (snap), Summer squash, Sweet corn, Cucumbers	Colorado State University Extension, Vegetable Planting Guide (CMG GardenNotes #720) (written for Colorado; its frost-relative rules are applied to other states' NOAA frost dates and labelled as CSU (Colorado) rules)
Very tender (warm season): "Typically 2+ weeks after the average last spring frost date."	Tomatoes, Peppers, Eggplant, Cantaloupe, Watermelon, Winter squash	Colorado State University Extension, Vegetable Planting Guide (CMG GardenNotes #720) (written for Colorado; its frost-relative rules are applied to other states' NOAA frost dates and labelled as CSU (Colorado) rules)
Start indoors = transplant age (weeks) before the balanced transplant date; days to harvest; minimum soil temperature	Crops with those values in CSU's table	CSU Extension, Vegetable Planting Guide (CMG GardenNotes #720) (written for Colorado; its frost-relative rules are applied to other states' NOAA frost dates and labelled as CSU (Colorado) rules)

Rule	Applies to	Source (scope)
Night-temperature dates: first day the NOAA 1991–2020 daily normal low (DLY-TMIN-NORMAL) is above the CSU transplant threshold or reaches the fruit-set threshold	Tomatoes (above 52°F at transplant, 55°F fruit set), peppers (55°F fruit set)	CSU Growing Tomatoes, CSU Peppers and Eggplants (written for Colorado; generic temperature thresholds applied nationwide with attribution)
Fall count-back: days to harvest + fall factor (14) + frost-tender factor (14)	Peas, Lettuce (leaf), Carrots, Beans (snap), Summer squash, Broccoli, Cabbage, Kohlrabi, Green onions, Radishes, Spinach, Turnips, Beets, Swiss chard, Cucumbers	UNL Extension, Fall Vegetable Gardening (G1343) (written for Nebraska; the count-back formula is applied nationwide with attribution)

CSU states its spring rules relative to “the average last spring frost.” We use the 50% date as that average and also show the 30% and 10% anchors. See the methodology for details and limitations.

FAQ

When should I start seeds indoors in Seattle?

Start tomatoes Apr 22 – May 6 and peppers Feb 2–16. Both dates count back from a balanced (30%-risk) transplant date using CSU's transplant ages.

When should I plant tomatoes outside in Seattle?

Set tomatoes out about Jun 10. The date is the same at every risk level. CSU's rule of 2+ weeks after the average last frost would allow about Mar 22 here, but CSU also wants nights above 52°F, and the average nightly low at Seattle Sand Point isn't above that until Jun 10.

What can I plant in Seattle in the fall?

Counting back from the typical first frost (Nov 23) with UNL Extension's method: peas by Sep 5; lettuce (leaf) by Sep 10; carrots by Aug 31; beans (snap) by Aug 27; summer squash by Sep 6; broccoli by Sep 5 (transplants); cabbage by Aug 16 (transplants); kohlrabi by Sep 20; green onions by Sep 10; radishes by Oct 10; spinach by Sep 30; turnips by Sep 20; beets by Sep 10; swiss chard by Sep 10; cucumbers by Sep 1.

Download

- Calendar file (.ics) with frost dates and planting windows for 2027
- Printable PDF of this calendar
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Frost odds: NOAA NCEI U.S. Climate Normals 1991–2020. Hardiness zones: PRISM Group, Oregon State University, <https://prism.oregonstate.edu>, accessed 2026-10-08. Not the official USDA Plant Hardiness Zone Map. How we calculate.

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