

Crop	Sowing date in weeks before first 10 hour day	Harvest or protect in temps. below
<b>Arugula</b> ( <i>Eruca vesicaria</i> subsp. <i>sativa</i> )	6–8	25°F
<b>Arugula, Wild</b> ( <i>Diplotaxis tenuifolia</i> ) [may die back and regrow in spring]	8–10	15°F
<b>Beets</b>	9–11	15°F
<b>Bok Choy</b>	7–9	15°F–25°F
<b>Broccoli</b>	12–16	15°F
<b>Broccoli Raab</b>	9–11	25°F
<b>Brussels Sprouts</b>	18–20	15°F
<b>Cabbage</b>	13–17	15°F
<b>Cabbage, Napa</b>	10–12	15°F
<b>Carrots</b>	12–14	0°F
<b>Cauliflower</b>	14–20	15°F
<b>Collards</b>	10–14	15°F
<b>Endive</b>	10–14	25°F
<b>Kale</b> (low, crinkled/savoy types are hardiest)	10–14	25°F
<b>Kohlrabi</b>	10–14	15°F
<b>Leeks</b>	14–20	0°F
<b>Lettuce</b> (baby)	6–8	25°F
<b>Lettuce</b> (head)	9–14	25°F
<b>Mâche</b>	8–10	0°F
<b>Mustard Spinach/Komatsuna</b>	9–11	25°F
<b>Mustards</b>	7–9	25°F
<b>Parsnips</b>	16–20	0°F
<b>Radish, Summer</b>	6–8	25°F
<b>Radish, Winter</b>	9–12	15°F
<b>Rutabega</b>	14–19	15°F
<b>Onion, Bunching/Scallion</b> ( <i>Allium fistulosum</i> hardiest)	12–14	0°F
<b>Spinach</b> (savoy types hardiest, not New Zealand type) [may die back and regrow in spring ]	6–8	0°F
<b>Swiss Chard</b> (white varieties are hardiest) [may die and regrow in spring ]	8–10	25°F
<b>Turnips</b>	8–10	15°F

*Crops listed with a wide range of weeks generally have a wide range of days to maturity between cultivars.*