

Fall Gardening Vegetable Quick Reference

Vegetable	Cold Hardiness	Days to Maturity	General Advice
Arugula	22°F ·	40	Will bolt in Jan./Feb. as days lengthen.
Beets	20°F (roots), 16°F (leaves) ·	48-55	For fall crop, either seed by 6/15 or wait until cool weather to try again (Beets don't germinate or establish well in hot soil.)
Broccoli	28°F ·	50-100	Leaves can handle to 15°F, but heads are more tender.
Cabbage	20–25°F	65-85	If damaged by frost, harvest and peel off any damaged layers before storing.
Carrots	12°F	45-70	
Cauliflower	32°F ·	50-70	Leaves handle as low as 15°F, but heads damage easily.
Chinese Cabbage	25°F	65	
Cilantro	15°F ·	60-75	Plant earlier for fall harvests, later for overwintering crops. Younger/smaller plants overwinter best. May have problems germinating in hot soil.
Collards	12°F	68-80	Young collards are shorter and easier to cover, so start a fall crop!
Daikon Radishes, Fall Radishes	20°F (roots), 16°F (leaves)	50-60	
Dill	25°F	40-60	
Endive, Escarole	25°F and lower ·	60-80	Similar to lettuce.
Garlic	5°F if not too much top growth	240	Frost-burned plants will survive, but won't produce as large a bulb.
Kale	15°F	40-60	
Kohlrabi	20°F?	130	
Leeks	10°F (probably much lower) ·	100	'Summer' types are much more tender · don't try to overwinter them.
Lettuce	25°F (large leaves), 15°F and lower (small leaves) ·	35-60	Red lettuces are more attractive for fall planting, as cold temperatures intensify red colors, while green lettuces look yellow and sickly. Lettuce may have difficulty germinating in hot soil. Large heads don't handle very cold weather well. They usually rot and decline by mid-Dec. Plants should have 4–10 leaves before winter. Growth slows with onset of cold, then resumes, with plants reaching maturity in Feb./March.
Mustards	25°F ·	42-45	Bolt in Jan./Feb. as days lengthen
Onions, Green	25°F ·	20-30	Purple types have more color in cold weather.
Parsley, Curly	15°F	70-90	Prettier & hardier.
Parsley, Flat	20°F ·	70-90	Best for flavor and drying, but less hardy.
Parsnips	0°F	105-130	Very sweet in cold weather!!
Radicchio	25°F and lower	70-90	

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Radishes	20°F (roots), 16°F (leaves)	24-30	
Rutabagas	20°F (roots), 16°F (leaves)	90-100	
Spinach	10°F (large leaves), 5°F (small leaves)	42-47	Wait until cool weather to seed as spinach seed doesn't germinate/survive well in hot soil.
Swiss Chard	25°F? (Variable)	40-60	Smaller-leaved varieties are the most cold-hardy.
Turnips	20°F (roots), 16°F (leaves)	55	

Source for Temp Data and General Advice: Southern Exposure Seed Exchange