

Suggested Vegetable Planting Dates for Utah



Vegetable plants vary in their tolerance to cold temperatures and can be grouped into four major categories, A-D, for the purpose of spring planting dates. Of course, each season has its own unique weather conditions. The average planting date shown in [Table 1](#) is for the initial planting. You can also use the [interactive tool](#) to quickly find dates for your specific area. With many crops such as broccoli, radish, carrot, sweet corn, and Swiss chard, several plantings can be made a few weeks apart and later than the average planting time. The suggested planting dates are based on interviews with Extension faculty and experienced gardeners in various parts of Utah.

Plants can be started from seed or transplants (young plants). The most commonly used method for the suggested planting time is listed. Many vegetables are easier to grow using transplants that are started indoors several weeks before planting outdoors. For example, artichokes need to be planted from seed indoors in early January and then grown for 2-3 months to be large enough for the transplant to be planted outside 3-4 weeks before the frost free date. Tomatoes are generally planted indoors in early April and then planted outside mid to late May. For some plants, the difference between using a transplant and seed is minimal--for example, summer squash seed planted outside in warm soil can germinate in 3 days and you have a plant. See [Resources](#) for more information.

Cool-Season Vegetables

Group A: Hardy

(Plant as soon as the soil dries out in the spring.)

Seed: Kohlrabi, Onions, Peas, Radish, Spinach, Turnip
Plants: Artichoke, Asparagus, Broccoli, Cabbage, Turnip, Brussels Sprouts

Group B: Semi - Hardy

(Plants a week or two after 'A' group or about 2 weeks before average last spring frost.)

Seed: Beet, Lettuce, Potato, Carrot, Parsley, Salsify, Endive, Parsnip, Swiss Chard
Plant: Cauliflower

Warm-Season Vegetables

Group C: Tender

(Plant on the average date of the last spring frost-about when first apples reach full bloom.)

Seed: Cucumber, New Zealand Spinach, Spinach, Sweet Corn, Dry Bean, Snap Bean, Summer Squash
Plant: Celery

Group D: Very Tender

(Plant when the soil is warm, about 2 weeks after 'C' group.)

Seed: Cantalope, Lima Bean, Winter Squash
Plants: Eggplant, Pepper, Pumpkin, Tomato, Watermelon

Fall-Season Vegetables

Group E: Special Plants for Fall Harvest

(Many vegetables can be planted for a fall harvest. Examples are listed below.)

Name	Average Planting Time
Beets	July 1 - August 1
Cabbage	May 1 - July 15
Kale	July 1 - August 15
Lettuce	June 1 - August 1
Onion	August 1 - August 10
Rutabaga	June 15 - July 1
Spinach	July 1 - August 15
Turnip	July 1 - August 1

Note. Vegetable planting dates for the Washington County area are different than most of the rest of Utah. For suggested vegetable planting dates for several cities in Washington County, visit the [USU Extension Washington County](#) website.

Average Last Spring Frost and Suggested Vegetable Planting Dates for Various Locations in Utah

Interactive Vegetable Planting Dates Tool for Utah

Choose your city or one near you:--

Select a city --BeaverCastle DaleCedar

CityCoalvilleDuchesneFarmingtonFillmoreHeberKanabLaketownLogan

- SW FarmLogan -

USUManilaMantiMarysvaleMidvaleMoabMonticelloMorganNephiOgdenPanguitchPriceProvo

- BYUProvo - AirportRichfieldSalt Lake Int'l AirportSalt

Lake County- Cottonwood WeirSantaquinSt

GeorgeTooeleTremontonVernalWest Jordan Conservation GardenWoodruff

Recommended Planting Dates:

- Group A (Hardy):
- Group B (Semi-Hardy):
- Group C (Tender):
- Group D (Very Tender):

*P = Protected with cover

Note. Dates are approximate. Adjust for your garden's microclimate and weather patterns.

Table 1. Vegetable Planting Dates for Utah

City	Average Last Spring Frost	Group A	Group B	Group C	Group D
Beaver	June 6	April 15	April 25	May 20	June 1 (*P)
Castle Dale	May 25	April 15	April 25	May 25	May 15 (*P)
Cedar City	May 21	April 1	April 15	May 20	June 1

City	Average Last Spring Frost	Group A	Group B	Group C	Group D
Coalville	June 18	May 1	May 10	June 10	May 15 (*P)
Duchesne	May 23	April 1	April 15	June 1	May 15(*P)
Farmington	May 5	March 15	March 20	May 5	May 20
Fillmore	May 16	March 15	April 1	May 16	June 1
Heber	June 11	April 25	May 5	June 5	May 15 (*P)
Kanab	May 7	March 25	April 10	April 25	May 15
Laketown	June 15	May 1	May 10	June 1	June 1 (*P)
Loa	June 15	May 10	May 20	June 1	June 1 (*P)
Logan - SW Farm	May 23	April 15	April 25	May 23	June 1
Logan - USU	May 7	April 1	April 10	May 7	May 20
Manila	June 2	March 15	April 1	May 20	June 1 (*P)
Manti	May 24	May 1	May 10	May 25	June 1 (*P)
Marysvale	June 3	May 1	May 10	May 20	May 25 (*P)
Midvale	May 13	March 15	April 1	May 13	May 27
Moab	April 18	March 15	April 1	April 15	May 1
Monticello	May 28	April 1	April 15	June 1	May 15 (*P)
Morgan	June 6	March 15	April 1	May 20	June 1

City	Average Last Spring Frost	Group A	Group B	Group C	Group D
Nephi	May 16	March 15	April 1	May 16	June 1
Ogden	May 3	March 15	March 20	May 3	May 20
Panguitch	June 21	May 10	May 20	June 7	June 1 (*P)
Price	May 12	March 15	April 1	May 12	May 27
Provo - BYU	May 1	March 15	March 20	May 1	May 20
Provo - Airport	May 21	April 1	April 15	May 20	June 1
Richfield	May 28	April 1	April 15	May 25	June 1 (*P)
Salt Lake Int'l Airport	April 26	March 15	March 20	April 26	May 15
Salt Lake County-Cottonwood Weir	April 30	March 15	March 20	April 30	May 15
Santaquin	May 14	March 15	April 1	May 14	June 1
St George	March 30	Feb 15	March 1	March 15	April 1
Tooele	May 7	March 15	March 20	May 7	May 20
Tremonton	May 3	March 15	March 20	May 3	May 20
Vernal	May 27	April 1	April 15	June 1	May 15 (*P)
West Jordan Conservation Garden	May 10	March 15	April 1	May 12	May 27

City	Average Last Spring Frost	Group A	Group B	Group C	Group D
Woodruff	June 26	May 15	June 1	n/a	n/a

*P = Protected with cover

Notes. The occurrence of frost can vary over a short distance due to changes in elevation and topography. Keep records for your own garden area. For average freeze dates in other areas, reference the [Utah Climate Center](#).

Resources

- Detailed instructions for growing your own transplants are available in these USU Extension publications:
 - "Grow Your Own Transplants at Home" (Banks, 2011).
 - "Starting Vegetable Seeds Indoors: I. Planning" (Crump et al., 2025a).
 - "Starting Vegetable Seeds Indoors: II. Materials" (Crump et al., 2025b).
 - "Starting Vegetable Seeds Indoors: III. Germination" (Crump et al., 2025c).
 - "Starting Vegetable Seeds Indoors: IV. Seedling Culture and Transplanting" (Crump et al., 2025d).
- The book "Vegetables, Fruits, & Herbs" (USU Extension, 2012) gives detailed instructions on how to grow many different vegetables.
- The [USU Extension Yard and Garden](#) website provides information on garden and soil care and detailed growing information for fruits and vegetables in Utah.

References

- Banks, S. (2011). *Grow your own transplants at home* [Fact sheet]. Utah State University (USU) Extension. https://digitalcommons.usu.edu/cgi/viewcontent.cgi?article=1827&context=extension_curall
- Crump, W., Beddes, T., Caron, M., & Oliveira, M. (2025a). *Starting vegetable seeds indoors: I. planning* [Fact sheet]. USU Extension.
- Crump, W., Beddes, T., Caron, M., Oliveira, M. (2025b). *Starting vegetable seeds indoors: II. materials* [Fact sheet]. USU Extension.

- Crump, W., Beddes, T., Caron, M., Oliveira, M. (2025c). *Starting vegetable seeds indoors: III. germination* [Fact sheet]. USU Extension.
- Crump, W., Beddes, T., Caron, M., & Oliveira, M. (2025d). *Starting vegetable seeds indoors: IV. seedling culture and transplanting* [Fact sheet]. USU Extension.
- Hamson, A. R. (1990). *Growing vegetables* [EC313]. USU Extension.
- Moller, A. L. & Gillies, R. R. (2008). *Utah climate* (2nd ed.). Utah Climate Center, Utah State University.
- Utah State University Extension various authors. (2102). *Vegetables, fruits, & herbs book*. USU Extension. <https://extension.usu.edu/fieldguides/vegetables-fruits-and-herbs>

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Peer-reviewed fact sheet

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Carrot, Parsley, Salsify, Endive, Parsnip, Swiss Chard
Plants: Cauliflower", "C": "Seeds: Cucumber, New
Zealand Spinach, Spinach, Sweet Corn, Dry Bean, Snap
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Plants: Celery", "D": "Seeds: Cantalope, Lima Bean,
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