



# Garden for Health

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# Year-Round Food Garden

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# Seasonality

- Spring, Summer, Fall, Winter
- Durability
  - Wind
  - Tolerance to Frost
- Temperature Preferences
- Soil Constraints
  - Moisture
  - pH
- Solar Requirements



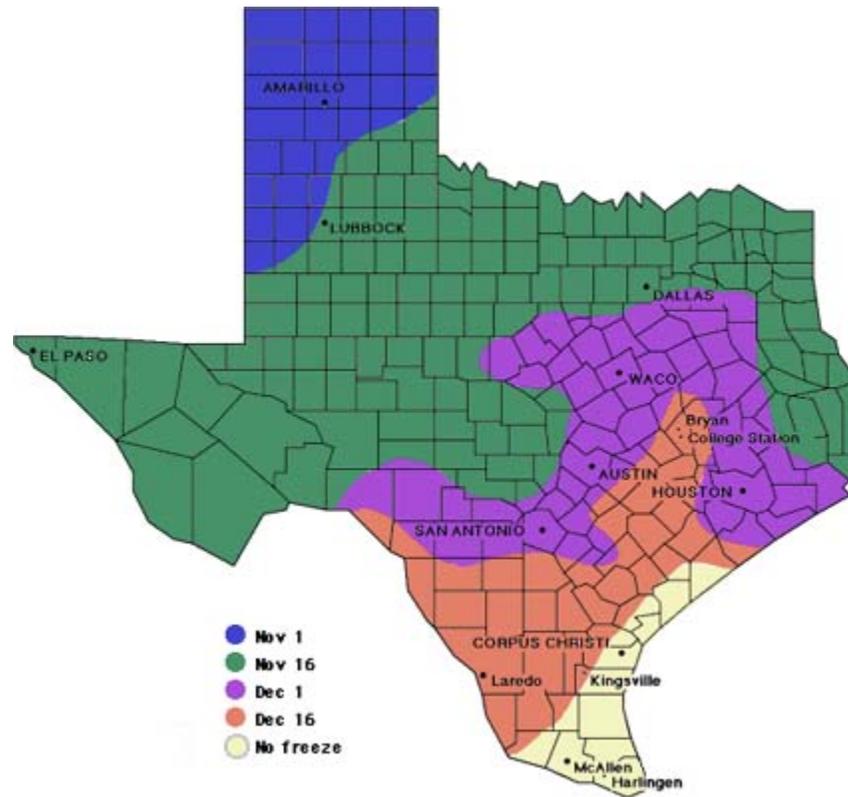


# Cool Season vs. Warm Season

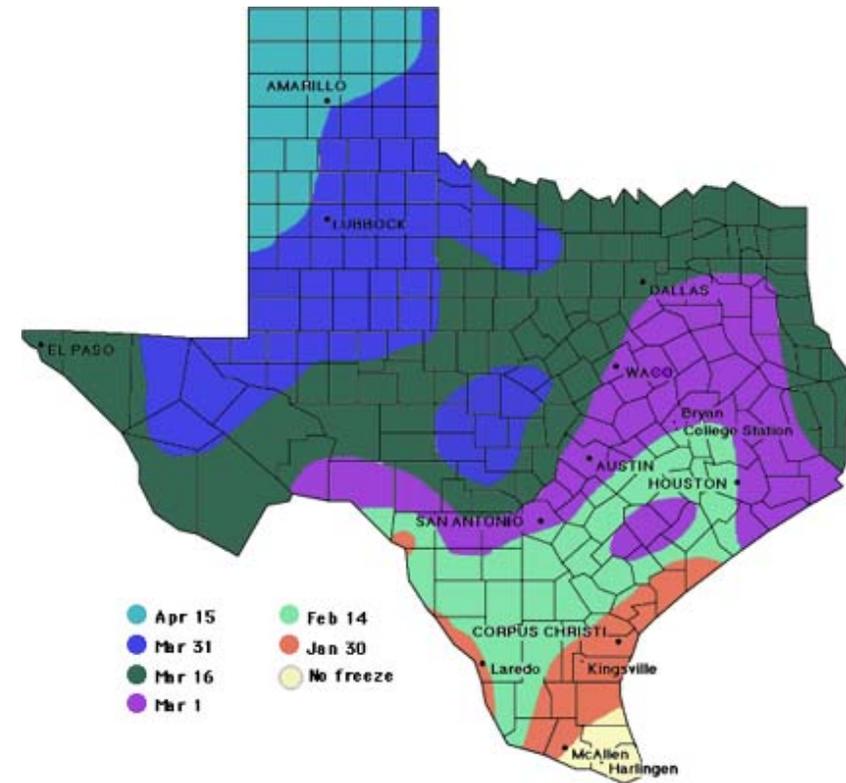
- Spring, Summer
- Fall, Winter
- Frost Dates
- Growing Cycles



# Texas Frost Dates



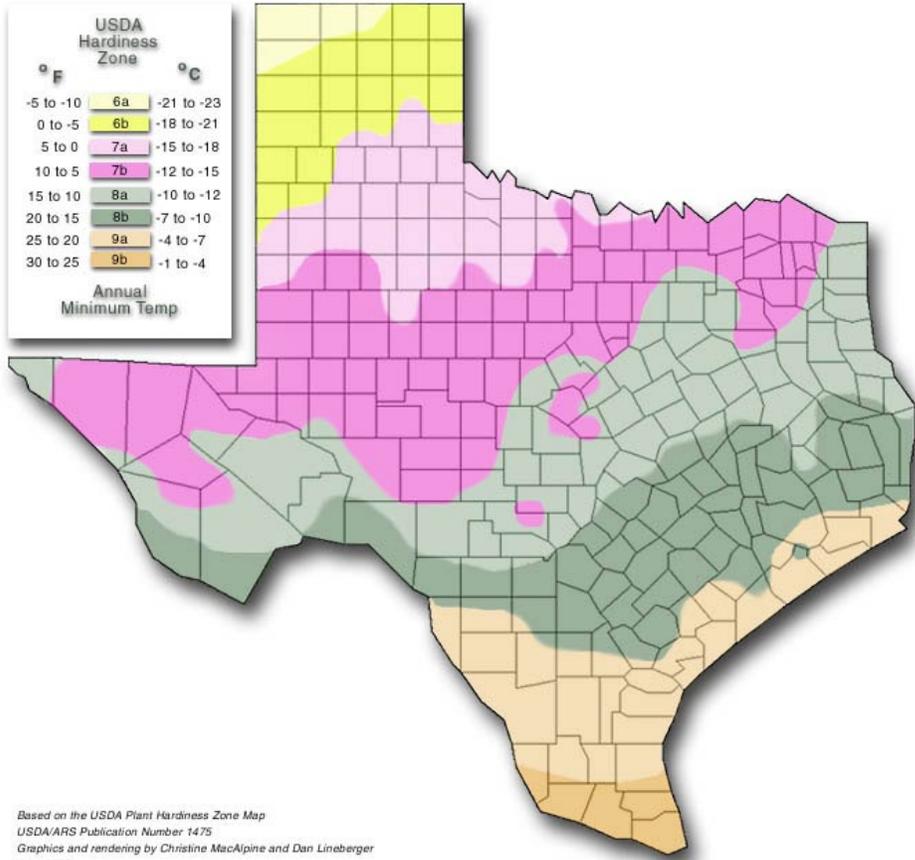
Last Frost; Spring



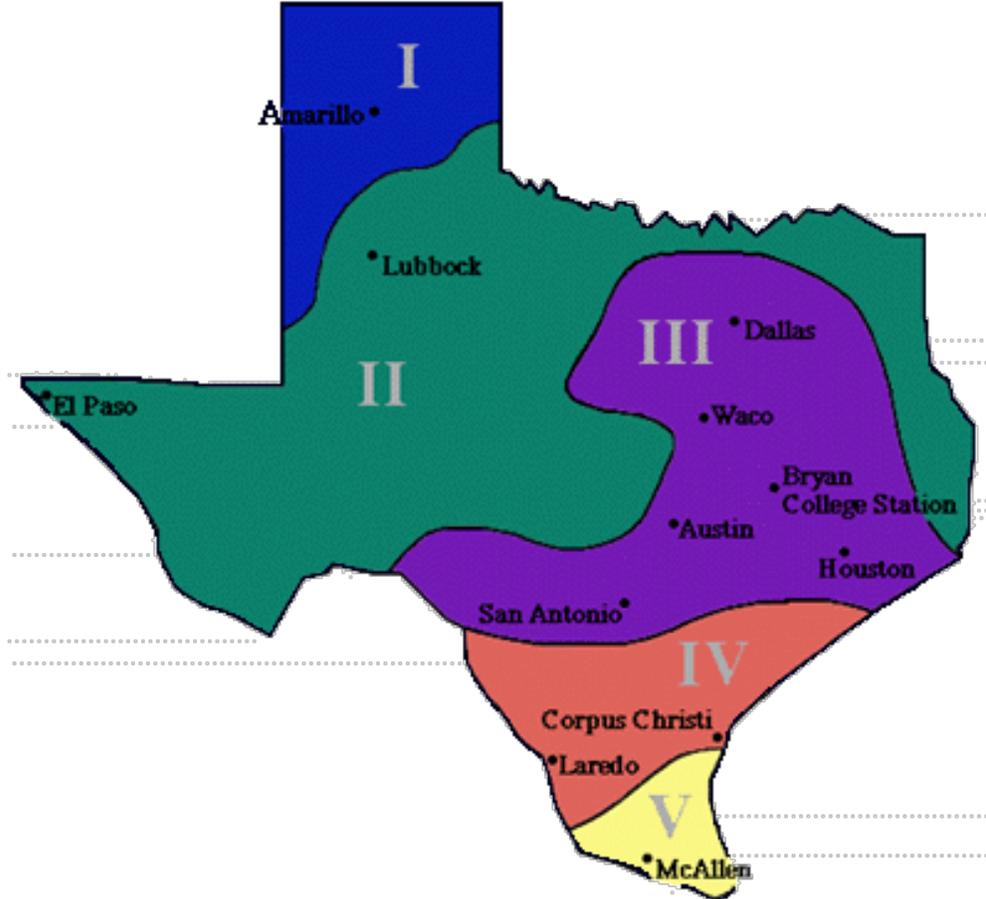
First Frost; Fall

USDA Hardiness Zone		
°F	Zone	°C
-5 to -10	6a	-21 to -23
0 to -5	6b	-18 to -21
5 to 0	7a	-15 to -18
10 to 5	7b	-12 to -15
15 to 10	8a	-10 to -12
20 to 15	8b	-7 to -10
25 to 20	9a	-4 to -7
30 to 25	9b	-1 to -4

Annual Minimum Temp



Based on the USDA Plant Hardiness Zone Map  
 USDA/ARS Publication Number 1475  
 Graphics and rendering by Christine MacAlpine and Dan Lineberger  
 July, 1999



# Texas

- Truly Year Round Gardening
- Fall and Winter Gardens

Table 1. Average planting dates for fall vegetables in various growing regions of Texas.

Vegetables	Region I	Region II	Region III	Region IV	Region V
Beans, snap bush	Jul 15	Aug 1	Sep 1	Sep 10	Oct 1
Beans, Lima bush	Jul 15	Jul 25	Aug 20	Sep 1	Sep 15
Beets	Aug 15	Sep 1	Oct 15	Nov 1	Dec 15
Broccoli	Jul 15	Aug 1	Sep 1	Oct 1	Nov 1
Brussels sprouts	Jul 15	Aug 1	Sep 1	Oct 1	Nov 1
Cabbage	Jul 15	Aug 1	Sep 1	Oct 1	Nov 1
Carrots	Jul 15	Aug 15	Nov 10	Nov 20	Dec 15
Cauliflower	Jul 15	Aug 1	Sep 1	Oct 1	Nov 1
Chard, Swiss	Aug 1	Aug 15	Oct 1	Oct 20	Dec 15
Collards	Aug 1	Aug 15	Oct 10	Oct 20	Dec 15
Corn, sweet	Jul 1	Aug 10	Aug 20	Sep 10	Sep 20
Cucumber	Jul 15	Aug 1	Sep 1	Sep 10	Oct 1
Eggplant	Jul 1	Jun 15	Jul 1	Jul 10	Aug 1
Garlic (cloves)	Jul	Aug	Oct	Nov	Dec
Kohlrabi	Aug 15	Sep 1	Sep 10	Oct 1	Nov 1
Lettuce, leaf	Sep 1	Sep 15	Oct 10	Nov 1	Dec 1
Mustard	Sep 1	Oct 1	Nov 1	Dec 1	Dec 15
Onion (seed)	Not recommended	Not recommended	Nov 1	Dec 1	Dec 15
Parsley	Sep 15	Oct 1	Oct 10	Nov 1	Dec 1
Peas, southern	Jun 15	Jul 1	Aug 1	Aug 15	Sep 1
Pepper	Jun 1	Jun 15	Jul 1	Jul 15	Aug 1
Potato	Not recommended	Aug 1	Sep 1	Oct 1	Not recommended
Pumpkin	Jun 1	Jul 1	Aug 1	Aug 10	Sep 1
Radish	Sep 1	Oct 1	Nov 25	Dec 1	Dec 15
Spinach	Aug 15	Sep 1	Nov 15	Dec 1	Dec 15
Squash, summer	Aug 1	Aug 15	Sep 10	Oct 1	Oct 10
Squash, winter	Jun 15	Jul 1	Aug 10	Sep 1	Sep 10
Tomato	Jun 1	Jun 15	Jul 1	Jul 10	Aug 1
Turnip	Sep 1	Oct 15	Nov 1	Dec 1	Dec 15

# Seasonal Strategies

- Cold Season
  - Watering Frequency
  - Pest Control
  - Mulch/Cover Crops
  - Shielding
  - Forced Harvest
- Warm Season
  - Mulch
  - Pest Control
  - Watering Schedule



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