

Frost Date Planning Worksheet

Frost dates are key guideposts for gardeners. This worksheet helps you record your local frost dates, plan your plantings around them, and reflect on the rhythms of the season.

Frost Date Recording Log

Use this chart to track your own first and last frost dates each year.

Year	First Fall Frost Date	Last Spring Frost Date	Notes
2025			
2026			
2027			
2028			
2029			

Backward Planning: Fall Crops

Count backward from your average first frost date to know the last safe sowing date.

Crop	Sow By
Radishes	25–35 days before frost
Turnips	40–50 days before frost
Carrots	60–70 days before frost
Beets	45–60 days before frost
Kale & Spinach	40–60 days before frost



Forward Planning: Spring Crops

Count forward from your average last frost date to know when it's safe to plant tender crops.

Crop	Planting Time
Tomatoes, Peppers, Basil	1–2 weeks after last frost
Beans, Cucumbers, Squash	After last frost, once soil warms
Hardy Greens (Spinach, Kale)	2–4 weeks before last frost with protection
Root Crops (Carrots, Beets)	2 weeks before last frost under covers

Zone-Specific Frost Notes

- Zones 9–10: Frost is rare; plan around heat more than frost.
- Zones 7–8: First frost in Oct–Nov; last frost in Mar–Apr.
- Zones 5–6: First frost in Oct; last frost mid–late Apr.
- Zones 3–4: First frost in Sept; last frost mid–May–June.

Reflection

Frost reminds us that endings are part of God's rhythms. It is not the end of life, but preparation for renewal. Just as the soil rests, so too do we find peace in rest.

Journal Prompt

What season of my life feels like 'frost' right now? How can I trust God to use this time of endings as preparation for new growth?

