

Here in the Puget Sound region, we are fortunate in being able to harvest fresh vegetables from our own gardens in winter as well as summer. Many vegetables can be planted from summer to fall and harvested from fall through spring. Cool season crops tend to be very successful in our climate, so prepare for big harvests! Many of these vegetables can be transplanted into beds where your summer crops had grown, thus allowing two harvests in the same space—which is great for urban gardeners.

The chart below shows the approximate hardiness, seed and start planting times, and harvest seasons of some vegetables suited to fall and winter harvesting in the Puget Sound area. The chart is organized by earliest planting month (for fall/winter harvest).

In many cases you will want to choose varieties bred for hardiness and winter production. For example, there are cabbage and broccoli varieties specifically bred for spring planting and summer harvest, for summer planting and fall or winter harvest, and for summer planting for overwintering (to survive the cold season as immature plants, then grow to harvest early in the following spring). The best variety for a warm season crop may not be the best for fall or winter harvesting.

Hardiness ratings below are approximate. If the temperature drops suddenly after a period of mild weather, normally hardy plants can die; conversely, a slow drop in temperature can allow plants to “harden off” and tolerate lower temperatures than indicated here.

Use the hardiness ratings to determine where to plant different vegetables. Plant more tender varieties under a cold frame or in protected areas near south-facing walls that reflect heat. Hardier varieties can be put in colder and more exposed areas. Many vegetables are affected as much by our winter rains as by the temperature; make sure your soil is well-drained. Raised beds are an excellent, easy way to improve your drainage. A cloche or cold frame can keep off the rain and raise temperatures by 10-15° F in the day, 3-5°F at night, thus extending your harvest of tender vegetables. Root crops may last better if protected from freezing by a 6 inch layer of mulch. Where using a cloche or mulch can significantly extend your harvest time, the chart shows **C** or **M** in the harvest time field. Some greens, such as Swiss chard, may die back if unprotected during a freeze, but regrow in spring for a second harvest.

Sky Nursery carries an assortment of fall and winter vegetable starts in the summer and early fall; call or email for availability. A number of seed companies, including Ed Hume, carry seeds good for winter gardening. Territorial Seed Company has a fall/winter catalog with cold-season varieties and cultural information. For more information on winter gardening, consult with one of Sky's nursery associates, or read Seattle Tilth's [Maritime Northwest Garden Guide](#).

Winter Vegetables

VEGETABLE NAME	HARDY TO	SEED PLANTING TIME	TRANSPLANTING TIME	HARVEST TIME
Beets (for roots)	15° F	April – August	April-August	Fall/Winter (C, M)
Broccoli, fall	30° F	April – July	April-August	Fall (C)
Celery / Celeriac	35° F	April	May-June	Fall/Winter (C)
Leeks, fall harvest	25° F	April-May	April-June	Fall/Winter
Brussels Sprouts, fall	30° F	May – June	May-July	Fall/Winter
Cabbage, fall	30° F	May – June	June-August	Fall
Cauliflower, fall & winter	10° F	May – June	June-July	Fall/Winter
Cauliflower, overwinter	10° F	May – June	June-August	March-June (C)
Leeks, winter	10° F	May-June	May-August	All Winter (M)
Beets (for greens)	30° F	June – September	June-September	Fall/Spring (C)
Brussels Sprouts, winter	25° F	June – July	July-August	December – April
Cabbage, winter	15° F	June – July	July-September	Winter
Carrots, fall	10° F	June-July	August-September	Fall/Winter (M)
Endive/Escarole/Chicory	25° F	June-September	June-September	Fall/Winter (C)
Florence Fennel	30° F	June	July-September	Fall/Winter (C)
Kale	10° F	June – August	June-September	All Winter
Kohlrabi	15° F	June – July	June-August	Fall/Winter (M)
Onions, Green (seeds)	10° F	June – July	July-September	Fall (C)
Parsnips	15° F	June – July		Fall/Winter (M)
Radicchio	15° F	June – August	June-September	Fall/Winter (C)
Radish, Daikon	10° F	June – August		All Winter (M)
Swiss Chard	15° F	June – September	June-September	Fall/Spring (C)

Winter Vegetables

VEGETABLE NAME	HARDY TO	SEED PLANTING TIME	TRANSPLANTING TIME	HARVEST TIME
Bok Choy (Pac Choi)	20° F	July – September	August-September	Fall/Winter (C)
Broccoli, overwintering	10° F	July – August	July-September	Early Spring
Cabbage, Chinese	20° F	July – August	July-September	Fall/Winter (C)
Cabbage, overwintering	10° F	July – August	July-September	April – May
Carrots, overwintering	10° F	July – August	August-September	Spring (M)
Collards	10° F	July	July-September	November – May
Mustard	20° F	July – September	July-September	Fall/Winter (C)
Onions, bulb (seeds)	10° F	July-August	August-November	June-July (M)
Parsley Root	5° F	July – August		All Winter (C)
Rutabagas	20° F	July		All Winter (M)
Spinach	10° F	July – September	July-September	Fall/spring (C)
Turnips (for roots)	20° F	July – August		All Winter (C, M)
Arugula/Rocket	10° F	August – September	August-September	Winter/Spring (C)
Carrots, overwintering	10° F	August – October		May – June (M)
Corn Salad/Mache	0° F	August – October	August-October	Fall/Spring
Cress	0° F	August – October	August-October	Fall/Spring
Lettuce	20° F	August – September	August-September	Fall/Winter (C)
Miner's Lettuce	0° F	August – October	August-October	All Winter
Peas, overwintered	10° F	August – September	August-September	Spring (C)
Radish, European	15° F	August – September		Fall (C)
Fava Beans	10° F	October-November		June
Garlic	10° F	October-November		July
Onions / Shallots (sets)	10° F	October-November		Summer