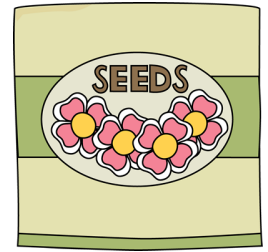


# Fall SEED Planting GUIDE



## Cool Season Gardening in Idaho

	SOWING DATE RANGE						HARVEST	FREEZE OUT TEMPS
	June	July	Aug	Sep	Oct	Nov		
<b>VEGETABLES</b>								
Arugula							Winter-Spring	5-10°F
Beets							All Winter	15-20°F
Beans, Fava							Spring-Summer	10-20°F
Broccoli							Autumn	10-20°F
Carrots							Autumn-Spring	5°F
Cauliflower							Autumn	10-20°F
Collard							Autumn-Spring	5-10°F
Fennel							Autumn-Spring	Before Heavy Freeze
Frisee							Fall-Winter	5-15°F
Garlic bulbs							Summer	0°F
Kale							Autumn-Spring	5-10°F
Kohlrabi							Winter-Spring	5°F
Leeks							Autumn-Spring	5°F
Lettuce							Fall-Winter	10-20°F
Mustard Greens							Fall-Winter	5°F
Onion							Winter-Spring	5-10°F
Pac Choi							Fall-Winter	15-20°F
Parsnips							Winter	5°F
Peas							Fall	20°F
Radishes							Winter-Spring	15-20°F
Spinach							Fall-Winter	5-10°F
<b>HERBS</b>								
Dill							Fall-Winter	20°F
Cilantro							Fall-Spring	10°F

### FLOWERS

Some flower seeds need to overwinter to break dormancy and sprout. These do best when seeded in fall or early winter:

Arrowleaf Balsamroot  
Bee Balm  
Black Eyed Susan  
Blanketflower  
Blue Flax

Brown Eyed Susan  
Columbine Golden Spurred  
Coneflower Purple Echinacea  
Larkspur  
Milkweed

SRSC Flower Mixes  
Ornamental Onion  
Penstemon  
Poppy  
Rocky Mountain Bee Plant

Rocky Mountain Daisy  
Yarrow



Growing a robust regional SEEDSHED  
in the Intermountain West.

[www.SnakeRiverSeeds.com](http://www.SnakeRiverSeeds.com)

Boise, Idaho.