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Frost dates & season worksheet

Look up your average dates locally and write them here. Count weeks backward from your last spring frost to schedule indoor sowing, and forward to plan your planting windows.

Average last spring frost _____ Average first fall frost _____

Frost-free days (count between them) _____ Source _____

Countdown planner

Weeks before (−) / after (+) last frost	Date	Crops to sow or plant
−12		
−10		
−8		
−6		
−4		
−2		
Last frost		
+2		
+4		
+6		
+8		
+10		
+12		

Fall planting: weeks before first fall frost

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