

URBAN FARMER

LOVE THE EARTH

Growing and Harvesting in North Carolina

North Carolina varies in USDA Hardiness Zones 5 to 8, and the zones progress with the cooler zones on the western border and the warmer zones on the eastern border. First frost dates can be as early as mid-October in Winston-Salem and as early November in Cary. Last frost dates can be as early as late March in Fayetteville and as late as mid-April in Winston-Salem.

What to plant and when:

Since North Carolina ranges from USDA Hardiness Zone 5 to Zone 8, it is imperative to pay attention to which zone you reside in so you can plant vegetables at the right time for their best growth.

Zone 5:

- **March:** Begin broccoli inside.
- **April:** Begin beets, Brussels sprouts, cabbage, carrots, cauliflower, kale, lettuce, onions, peas, peppers, spinach and tomatoes inside. Plant broccoli outside.
- **May:** Begin beans, corn, cucumbers and squash inside. Plant beets, broccoli, carrots, kale, lettuce, peas and spinach outside.
- **June:** Plant Brussels sprouts, cabbage, cauliflower, onions, peppers and tomatoes outside.
- **July:** Plant corn, cucumber and squash outside. Begin beets, broccoli, kale, lettuce, peas and spinach inside.
- **August:** Plant beets, broccoli, kale, lettuce, peas and spinach outside. Begin carrots inside.
- **September:** Plant carrots outside.



[North Carolina Planting Calendar on ufseeds.com](http://ufseeds.com)

Zone 6:

- **March:** Begin beets, broccoli, cauliflower, kale, lettuce, onions, peas, spinach and other cool-weather crops inside at this time.
- **April:** transplant beets, broccoli, cauliflower, kale, peas and spinach outdoors. Begin carrots, tomatoes and peppers inside.
- **May:** Transplant carrots and onions outdoors. Begin squash, corn, cucumber, beans, Brussels sprouts and cabbage indoors.
- **June:** Transplant peppers and tomatoes outdoors.
- **July:** Transplant beans, cabbage, Brussels sprouts, corn, cucumbers and squash outdoors. Begin spinach, carrots, beets and broccoli indoors to start the fall harvest crops.
- **August:** Begin kale, lettuce and peas indoors. Transplant spinach outdoors.
- **September:** Transplant kale, lettuce, peas, carrots, broccoli and beets



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outdoors.

Zone 7:

- **February:** Begin broccoli, cauliflower and peas indoors.
- **March:** Begin beets, cabbage, carrots, kale, lettuce, onions, peppers, spinach and tomatoes indoors. Near the end of March, transplant broccoli, carrots, peas and cauliflower outdoors.
- **April:** Transplant kale, lettuce and spinach outdoors. Begin beans and Brussels sprouts indoors.
- **May:** Transplant onions, peppers and tomatoes outdoors. Begin corn, cucumbers and squash indoors.
- **June:** Transplant beans, Brussels sprouts, corn, cucumbers and squash outdoors.
- **July:** Begin cabbage indoors.
- **August:** Begin beets, broccoli, carrots, cauliflower, kale, lettuce, peas and spinach indoors. Near the end of the month, transplant cabbage outdoors.
- **September:** Transplant beets, broccoli, carrots, cauliflower, kale, lettuce, peas and spinach outdoors for the fall harvest.

Zone 8:

- **February:** Begin beets, broccoli, cabbage, carrots, cauliflower, kale, lettuce, onions, peas, peppers, spinach and tomatoes indoors.
- **March:** Transplant beets, broccoli, cabbage, carrots, cauliflower, kale, lettuce, onions, peas, peppers, spinach and tomatoes indoors.
- **April:** Transplant onions, peppers and tomatoes outdoors. Begin Brussels sprouts, squash, corn and cucumbers indoors.
- **May:** Transplant Brussels sprouts, corn,



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- and cucumbers outdoors.
- **June:** Transplant beans and squash outdoors.
- **August:** Begin beets, broccoli, cabbage, carrots, cauliflower, kale and lettuce indoors.
- **September:** Transplant beets, broccoli, cabbage, carrots, cauliflower, kale and lettuce outdoors. Begin peas and spinach indoors.
- **October:** Transplant peas and spinach outdoors.

North Carolina's soil and how it affects agriculture:

North Carolina has a wide array of soils throughout the state, from sandy soils to heavy clay soils. The state's diverse environment such as differing weathers, soils, elevation and temperature all play into making North Carolina a successful state when it comes to agriculture. North Carolina is split up into several different dominant soil orders throughout the state.

Ultisols: This kind of soil takes up nearly



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the entire state. These are red, clayey soils with a higher acid content, meaning they will either need to be used for vegetables that prefer soil with an acidic pH or it will need to be amended.

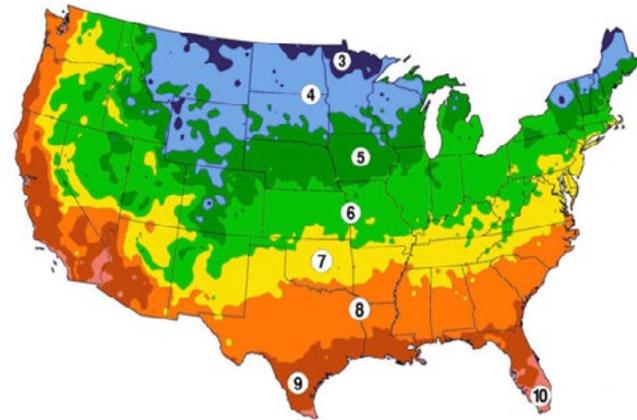
Alfisols: These soils take up a small vertical stretch across the middle of the state.

Entisols: These soils are smattered in small patches across the central portion of the state. Entisols are sometimes able to be used for crop growth, although some types of these soils are sandy or shallow and don't hold moisture well.

Inceptisols: These are the second most common soil in the state, with much of these soils taking place in the eastern and western borders. This is the most common soil across the earth, and it has decent drainage.

Average rainfall in North Carolina:

Average annual precipitation in North Carolina varies depending on if you reside near the mountains, in the center of the state or along the coast line. In the North Carolina Mountains, average annual precipitation varies from 37 inches in Asheville to 84.5 inches in Highlands. In central North Carolina, average annual precipitation varies from 41.6 inches a year in Charlotte to 47.8 inches a year in Durham. On the North Carolina coast, average annual precipitation varies from 45.4 inches a year in Fayetteville to 59 inches a year in Morehead City.



[USDA Hardiness Gardening Zone Finder on ufseeds.com](http://ufseeds.com)

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