

7 Vegetables for a Huge Fall Harvest

The Only Trick You Need: Count backward from your first frost date.

Find your area's first expected frost → subtract the crop's 'days to maturity' (on every seed packet). Still time before frost? Plant it now. That's it.

The 7-Crop Table:

Vegetable	Days to Maturity	Plant It Because...	Quick Tip
Bush Beans	50–55	Rhizobium roots add free nitrogen to your soil	Direct-sow 1" deep, keep moist week 1
Zucchini	45–55	July start dodges the squash vine borer's egg window	Full sun, room to sprawl
Cucumbers	50–60	Warm 70°+ soil = fast germination, beats mildew	Trellis to keep fruit clean
Carrots	60–75	Frost turns starch → sugar = sweeter roots	Sow shallow, keep surface damp
Beets	50–60	Two harvests: sweet roots + nutritious greens	Thin seedlings so roots swell
Kale	50–65	Frost mellows bitterness; hardiest green there is	Pick outer leaves first, keeps producing
Broccoli ★	60–85	Heads form in falling temps – made for fall	Rich soil + steady water; one head + weeks of side shoots

YOUR 3-STEP JULY PLAN

- Look up your first frost date — one Google search: "first frost date [your zip]."
- Pick 2–3 crops from the table whose "days to maturity" fit before that date. Don't plant all 7 — start with what excites you.
- Get seeds in the ground THIS WEEK. In July, every day counts.

Short season? (Zone 5 or colder)

Stick to the fast crops — bush beans, zucchini, kale — or start broccoli from transplants instead of seed to buy 3–4 weeks.

Loved this? There's more.

-  Watch: [7 Cold Season Crops That Thrive in Frost \(Plant Before Winter Hits\)](#)
-  [Green Life Zen's Amazon Page - July Planting: Seeds & Tools for Summer and Fall Harvests](#)
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Stay positive and keep blooming. 