

Garden Planning Worksheet

Plan sowing and planting dates by counting from your average last spring frost. Frost dates are averages — watch the local forecast and protect tender plants on cold nights.

1 · Find your frost dates

Look up your average last spring frost and first fall frost. The gap between them is your frost-free growing season.

2 · Start seeds indoors on time

Many crops are started indoors before the last frost — for example tomatoes and peppers around 6–8 weeks before, brassicas around 4–6 weeks before. Check each seed packet.

3 · Direct-sow the tough ones

Peas, spinach, radish and lettuce tolerate cool soil and are often sown a few weeks before the last frost. Beans, squash and cucumbers need warm soil — sow after it.

4 · Space plants properly

Crowded plants compete for light and water and are more prone to disease. Use plant-spacing guidance for each bed.

5 · Keep a simple log

Note sowing dates, germination and first harvest. Next year your own notes beat any chart. Use the habit tracker for watering and weeding streaks.

Your worksheet

Crop	Start indoors	Plant out / sow	Expected harvest
Tomato			
Pepper			
Lettuce			
Peas			
Beans			
Squash			

Free calculators that go with this pack: Planting calendar (<https://frostwise.pages.dev/planting-calendar/>) · Seed starting calculator (<https://frostwise.pages.dev/seed-starting-calculator/>) · Plant spacing calculator (<https://frostwise.pages.dev/plant-spacing-calculator/>) · Raised bed soil calculator (<https://frostwise.pages.dev/raised-bed-soil-calculator/>)

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