

## RECOMMENDED WINTER VEGETABLES AND PLANTING DATES FOR EASTERN KENTUCKY (PLANT HARDINESS ZONE 6B)

*All dates are for direct sowing, unless transplants are indicated (T).*

| Vegetable                   | Recommended Varieties                      | Open        | Low Tunnel |
|-----------------------------|--|-------------|------------|
| Arugula                     |  | 8/15-10/1   | 10/1-11/1  |
| Beet                        | Cylindra, Bull's Blood                     | 8/1-9/1*    | 8/15-11/1* |
| Broccoli (T)                | Premium Crop, Packman                      | 8/1-8/21    | 8/15-10/1  |
| Brussel Sprouts (T)         | Catskill Long Island Improved              | 7/15-8/7    | 7/15-9/15  |
| Cabbage, loose leaf (Asian) | Michihili, Canton Bok Pak Choy             | 8/15-10/1*  | 9/1-11/1*  |
| Cabbage, heading (T)        |  | 7/15-8/7    | 7/15-9/15  |
| Carrots                     | Napoli, Danvers, Scarlet Nantes            | 7/1-8/15    | 8/7-9/7    |
| Cauliflower (T)             | Snowball Self-Blanching Fall               | 8/1-8/21    | 8/1-10/21  |
| Claytonia                   |  | 9/15-10/15  | 10/1-11/20 |
| Collards (T)                |  | 8/15-10/1   | 9/1-11/1   |
| Cress                       | Pepper Cress                               | 9/1-10/1    | 10/1-11/1  |
| Endive/Escarole/Radicchio   | De Meaux Endive                            | 7/15-8/15   | 8/15-10/1* |
| Fava beans                  | Aquadulce, Sweet Lorane                    | 9/1*-11/15* | 10/1-11/7* |
| Garlic (from cloves)        | Inchelium Red, Georgia Fire                | 10/15-11/15 | --         |
| Kale                        | Red Russian, Blue Curled Scotch            | 7/15-9/15*  | 9/1-11/1*  |
| Kohlrabi                    | Early Purple or White Vienna               | 8/1-9/1     | 8/15-9/1   |
| Leek (T)                    | Tadorna                                    | 7/1-8/1     | 8/15-9/15  |
| Lettuce                     | Rouge d'Hiver, Winter Density, Lollo Rossa | 8/15-10/1   | 10/1-11/1* |
| Mache (Corn Salad)          |  | 9/15-11/1   | 10/1-12/1  |
| Minutina                    |  | 8/1-9/1     | 9/1-10/1   |
| Mustard Greens              | Mizuna, Japanese Giant Red                 | 8/15-10/1*  | 10/1-11/1* |
| Parsnip                     |  | 7/1-8/1*    | 8/1-9/1*   |
| Peas                        | Sugar Ann, Oregon Sugar Pod                | 8/1-9/15    | --         |
| Radish                      | Round Black Spanish, Violet de Gournay     | 8/15-10/1   | 9/21-10/15 |
| Rapini (Broccoli Raab)      | Sorrento                                   | 8/15-9/15   | 9/1-10/15* |
| Rutabaga                    | Laurentian                                 | 7/1-8/15    | 8/1-9/15   |
| Sorrel                      |  | 8/1-9/15    | 9/1-10/15  |
| Spinach                     | Bloomsdale Longstanding                    | 8/15-9/15   | 9/1-11/1*  |
| Swiss Chard                 | Bright Lights, Verde de Taglio             | 6/15-9/10   | 8/1-10/1*  |
| Tatsoi                      |  | 8/1-10/7*   | 9/1-11/1*  |
| Turnip                      | Golden Globe                               | 7/15-9/7    | 9/1-10/1*  |

\*Later dates are for production of baby greens, or an early spring start

*\*\*Please note that these dates are guidelines only, having originated from my own trial-and-error,  
Cooperative Extension Service publications, and books by Eliot Coleman.*

Courtesy of Cathy Rehmeyer, Ph.D.  
[www.motherofahubbard.com](http://www.motherofahubbard.com)