

Winter vegetables and frost hardy plants

What you can harvest in winter, what copes with frost and what to sow or plant in late summer and autumn for it. Every value with a source.

Worked out with the average for Germany: last frost 19 April, first autumn frost 27 October. On each plant page you can use a German postcode. Data: Deutscher Wetterdienst, daily minimum temperatures 1991–2020, our own calculation. Licence CC BY 4.0. Postcode coordinates: GeoNames (CC BY 4.0).

Harvest in winter

Plant	J F M A M J J A S O N D	Harvest (German average)	Copes with, per source	Source
Brussels sprouts		1 September – March	often down to –10 °C	Sächsische Gartenakademie (LfULG) · Bavarian Garden Academy (LWG)
Kale		21 October – March	often down to –10 °C	Sächsische Gartenakademie (LfULG) · Bavarian Garden Academy (LWG)
Black salsify		1 October – April	–	Landwirtschaftskammer Niedersachsen
Parsnip		15 September – March	down to 5 °F (–15 °C)	Bayerische Gartenakademie (LWG) · PNW Extension
Leek		1 September – February	down to 5 °F (–15 °C)	Bayerische Landesanstalt für Landwirtschaft (LfL) · Bayerische Landesanstalt für Weinbau und Gartenbau (LWG), Urban Gardening · PNW Extension
Lamb’s lettuce (corn salad)		1 November – into spring	down to 0 °F (–17.8 °C)	LWG Bayerische Gartenakademie · PNW Extension
Horseradish		1 October – January	USDA zone 4a: down to –34.4 °C	Bundesverband Deutscher Gartenfreunde (BDG) · NC State Extension
Jerusalem artichoke		1 November – April	USDA zone 3a: down to –40 °C	Gartenakademie Rheinland-Pfalz (DLR) · NC State Extension

Sow and plant for winter

These go into the bed in late summer or autumn. Dates are the German average; the planting calendar works them out for a German postcode.

Plant	What	When (German average)	Source
Endive	plant	15 June – 31 August	LWG Bayerische Gartenakademie
Chinese cabbage	sow	1 July – 15 August	Sächsische Gartenakademie (LfULG)
Pak choi	sow	1 July – 31 August	Bayerische Landesanstalt für Weinbau und Gartenbau (LWG)
Radicchio	sow	1–10 July	LWG Bayerische Gartenakademie
Chinese cabbage	plant	15 July – 10 August	LWG Bayerische Gartenakademie
Radicchio	plant	15 July – 31 August	Gartenakademie Rheinland-Pfalz
Lamb’s lettuce (corn salad)	sow	1 August – 15 September	LWG Bayerische Gartenakademie
Spinach	sow	1 August – 15 September	LWG Bayerische Gartenakademie
Chervil	sow	25 August – 1 September	Johnny’s Selected Seeds
Garlic	plant	1 September – 31 October	DLR Gartenakademie RLP
Rhubarb	plant	1–30 September	Bayerische Gartenakademie (LWG)

Frost hardy or frost tender?

Frost hardy (42): Asparagus, Black salsify, Borage, Broccoli, Brussels sprouts, Celeriac, Chervil, Chives, Coriander (cilantro), Dill, Garlic, Horseradish, Jerusalem artichoke, Kale, Kohlrabi, Lamb’s lettuce (corn salad), Lavender, Leek, Lemon balm, Mint, Onion, Oregano, Parsley, Pea, Pot marigold (calendula), Radish, Red cabbage, Rhubarb, Rocket (arugula), Sage, Savoy cabbage, Spinach, Spring onion (scallion), Strawberry, Sugar snap and snow pea, Summer savory, Sunflower, Swede (rutabaga), Thyme, Turnip, White cabbage, Winter radish (daikon)

Copes with light frost (17): Beetroot, Broad bean (fava bean), Butterhead lettuce, Carrot, Cauliflower, Celery, Chinese cabbage, Endive, Iceberg lettuce, Loose-leaf lettuce, Nasturtium, Pak choi, Parsnip, Potato, Shallot, Sweet alyssum, Swiss chard

Frost tender (18): Aubergine (eggplant), Basil, Bush bean, Cape gooseberry, Chilli pepper, Cucumber, Florence fennel, French marigold (tagetes), Melon, Pole bean, Pumpkin and winter squash, Rosemary, Runner bean, Sweet pepper, Sweet potato, Sweetcorn, Tomato, Zucchini

(courgette)

Frost hardy means the plant survives frost in the bed. How much exactly, our sources only say for some plants (above and on the hardiness zone page). Frost tender plants only go outside after the last frost.

Sources

The titles are links. Every value with its source is also online: www.beetfox.com/winter-vegetables

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20. USU Extension: Black Salsify in the Garden
21. UMD Extension: Vegetables for Spring and Fall Planting
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31. RHS Grow your own: Thyme
32. University of Maryland Extension: Oregano
33. University of Maryland Extension: Sage
34. Illinois Extension, Herb Gardening: Mint
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39. RHS Find a plant: *Calendula officinalis*
40. Illinois Extension, Flowers: Marigold (*Tagetes* sp.)
41. Illinois Extension, Flowers: Nasturtium (*Tropaeolum majus*)
42. RHS Find a plant: *Helianthus annuus*
43. RHS Plants: *Lobularia maritima*
44. RHS Plant Finder: *Fragaria × ananassa* (F), garden strawberry
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47. USU Extension: How to Grow Horseradish in Your Garden
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