



# Which Vegetables Survive a Frost?

When the temperature falls to 28-32 degrees F it's technically called a **freeze**. A **hard frost** is below 28 degrees F.

*Vegetables that can't survive temperatures below 32 degrees F*

|                                    |                |
|------------------------------------|----------------|
| Basil—can get frost damage at 38 F | Potatoes       |
| Beans                              | Pumpkins       |
| Corn                               | Rosemary       |
| Cucumbers                          | Summer Squash  |
| Eggplant                           | Sweet Potatoes |
| Melons                             | Tomato         |
| Okra                               | Tomatillo      |
| Peppers                            | Winter Squash  |

*Vegetables that can withstand a light freeze/frost (28-32 F)*

Bok choy  
Cauliflower  
Celery  
Chinese Cabbage  
Lettuce (depends on variety)  
Peas

*Vegetables that can withstand a hard frost (below 28 F)*

|                              |   |
|------------------------------|---|
| Arugula                      | Mustard                                 |
| Broccoli                     | Onions                                  |
| Brussels sprouts             | Parsley                                 |
| Beets                        | Parsnips                                |
| Cabbage                      | Radishes                                |
| Carrots                      | Scallions                               |
| Cilantro                     | Spinach—can survive all winter          |
| Collards                     | Swiss Chard                             |
| Kale                         | Tatsoi                                  |
| Kohlrabi                     | Turnips                                 |
| Leeks                        |   |
| Lettuce (depends on variety) | Herbs: Oregano, Sage, Thyme             |
| Mache                        | can survive over winter in many areas.. |