



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..