

URBAN FARMER

LOVE THE EARTH

Growing and Harvesting in New Hampshire

New Hampshire encompasses USDA Hardiness Zones 3-6, and Zones 3 and 4 take up the northern half of the state. The southern half of the state progresses from Zone 5 to Zone 6. First frost dates can be as early as the first week of September in Concord and as late as early October in Rochester. Last frost dates can be as early as the first week of May in Rochester and as late as early June in Concord.

What to plant and when:

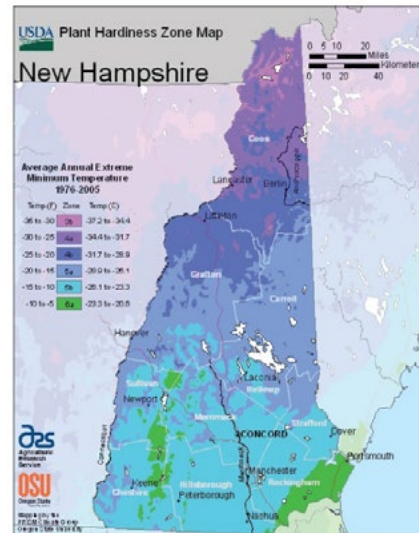
New Hampshire is on the cooler side when it comes to USDA Hardiness Zones, so follow the plan below to be sure you don't plant crops too early and have them become damaged by frosts.

Zone 3:

- **April:** Begin tomatoes and pepper plants inside.
- **May:** Begin spinach, peas, lettuce, kale, cauliflower, cabbage, Brussels sprouts, broccoli and beets inside. Plant potatoes outside.
- **June:** Transplant tomatoes, peppers, spinach, peas, lettuce, kale, cauliflower, cabbage, Brussels sprouts, broccoli and beets outside. Begin beans, cucumbers and carrots inside.
- **July:** Plant beans, cucumbers and carrots outside.

Zone 4:

- **April:** Begin beets, broccoli, Brussels sprouts, cabbage, kale, onions, peas, peppers, spinach and tomatoes inside. Plant potatoes outside.
- **May:** Plant beets, broccoli, carrots, kale,



[New Hampshire Planting Calendar on ufseeds.com](http://ufseeds.com)

lettuce, peas and spinach outside.

- **June:** Begin beans inside. Plant Brussels sprouts, cabbage, cauliflower, onions, peppers and tomatoes outside. Begin corn, squash and cucumbers inside.
- **July:** Plant beans, corn, cucumbers and squash outside. Begin beets, broccoli, carrots, kale, lettuce and spinach inside.
- **August:** Plant beets, broccoli, carrots, kale, lettuce and spinach inside.

Zone 5:

- **March:** Begin broccoli inside. Plant potatoes outside.
- **April:** Plant broccoli outside. Begin beets, Brussels sprouts, cabbage, carrots, cauliflower, kale, lettuce, onions, peas, peppers, spinach and tomatoes inside. Near the end of the month, plant carrots, kale, peas and spinach outside.
- **May:** Begin beans, squash, corn and cucumbers inside. Plant beets, onions and tomatoes outside.
- **June:** Plant Brussels sprouts, cabbage,



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cauliflower, corn, cucumbers, peppers and squash outside.

- **July:** Begin beets, broccoli, kale, spinach, lettuce and peas outside.
- **August:** Plant beets, broccoli, kale, lettuce, peas and spinach outside. Begin carrots inside.
- **September:** Plant carrots outside.

Zone 6:

- **March:** Begin beets, broccoli, cauliflower, kale, lettuce, onions, peas, spinach and other cool-weather crops inside at this time.
- **April:** Transplant beets, broccoli, cauliflower, kale, peas and spinach outdoors. Begin carrots, tomatoes and peppers inside.
- **May:** Transplant carrots and onions outdoors. Begin squash, corn, cucumbers, beans, Brussels sprouts and cabbage indoors.
- **June:** Transplant peppers and tomatoes outdoors.
- **July:** Transplant beans, cabbage, Brussels sprouts, corn, cucumbers and squash outdoors. Begin spinach, carrots, beets and broccoli indoors to start the fall harvest crops.
- **August:** Begin kale, lettuce and peas indoors. Transplant spinach outdoors.
- **September:** Transplant kale, lettuce, peas, carrots, broccoli and beets outdoors.

New Hampshire's soil and how it affects agriculture:

Not much of New Hampshire is used for farming, but much of the state has soil fit for forests. The most common grown crops in New Hampshire include sweet corn, apples,



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potatoes and hay. Although only 7 percent of New Hampshire is used for farming, more than 85 percent is covered by forests. New Hampshire has approximately three dominant soil orders throughout its state. They include:

Spodosols: Spodosols take up the majority of New Hampshire's state. Spodosols are typically found in eastern gulf states, and they are more on the acidic side. These would be a good soil to grow plants in that prefer more acidic soil. Acidic soil would be soil with a pH less than 7.0, and plants to grow in these soils include radishes, sweet potatoes, parsley, broccoli and many others.

Inceptisols: These soils aren't as common as Spodosols, but they are present in the southeastern corner of the state, as well as sporadically on the western border. Inceptisols are the most common soil across the earth, and they have decent drainage. They can grow crops decently well.

Entisols: These soils are even less common



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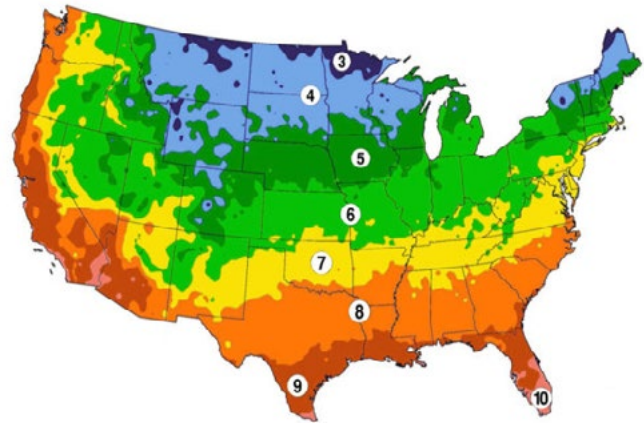
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than Inceptisols, as they are only intermittent throughout the southeastern part of the state. Entisols are sometimes able to be used for crop growth, although some types of these soils are sandy or shallow and don't hold moisture well.

Average rainfall in New Hampshire:

New Hampshire receives different amounts of annual precipitation depending on where in the state you reside. In southern New Hampshire, average annual precipitation varies from 38 inches a year in Lebanon to 50.9 inches a year in Portsmouth and Greenland. In northern New Hampshire, average annual precipitation varies from 39.5 inches a year in Bethlehem to a high 96.9 inches a year in Mount Washington.

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