




Planting Zone 7 reaches across approximately 15 U.S. states. This zone features cool winters with average minimum temperatures falling between 0 to 10 degrees F. Gardens in this zone have multiple plant options from seed catalogues, local home stores, nurseries and greenhouses.

Zone 7			
Average Minimum Temperature			0° to 10°F
VEGETABLES	FRUIT	HERB	FLOWER
			
Hot Peppers	Granny Smith Apple	Sage	Painted Daisy

Temperature in Zone 7

Zone 7 can expect minimum average temperatures of 0 to 10 degrees F

Zone 7a has a minimum average temperature of 0 to 5 degrees F

Zone 7b has a minimum average temperature of 5 to 10 degrees F

Each of the two subzones can experience harsher temperatures depending on weather conditions.

What Plants Can I Grow in Zone 7?

Zone 7 contains many different growing climates, from the Eastern coastal areas through the Oklahoma prairies to the arid regions of the southwest and up into the forests of Oregon and Washington. The region's wide variety in climates means that other considerations often need to be made to accommodate for drought tolerance and to adequately adjust soil conditions. Many Zone 7 hardy plants can be grown successfully in multiple locations with adjustments made to address their specific needs.

Vegetables to Grow in Zone 7

Frost and early spring cold snaps can damage young vegetables. Providing row covers or cold frames can help protect against early spring or late fall damage. The long, hot summers, combined with the milder winters provide ideal growing temperatures for almost all vegetables. Although artichoke can be grown as an annual starting in Zone 4, in Zone 7 this decorative and edible plant becomes a perennial favorite. Add to your planting list:

- Arugula
- Hot peppers
- Long growing season vegetables
- Sweet peppers
- Turnips

Fruit Trees to Grow in Zone 7 (Cannot be planted in Community Garden)

A wide variety of fruit trees produce well in Zone 7, including:

- Bing cherry
- Blue Java banana
- Contender peach
- Cortland apple
- Fuji apple
- Fuyu persimmon
- Granny Smith apple
- Moorpark apricot
- Ozark plum
- Parker pear
- Rainier Sweet cherry
- Red Gold nectarine
- Scout apricot
- Stella cherry
- Turkey fig
- Wide variety of mulberries, elderberries and pawpaw trees

Herbs to Grow in Zone 7

In addition to most annual herbs, a wide variety of perennial herbs survive well in Zone 7. Although some varieties of rosemary are Zone 7 hardy, they don't perform as well as in warmer climates. Herbs to consider adding to your Zone 7 garden include:

- Feverfew
- Marjoram
- Rue
- Sage
- Tarragon

Flowers to Grow in Zone 7

The hot summers in Zone 7 allow for the bloom of most flowering annuals. In addition, many perennials are considered hardy to Zone 7, including:

- Butterfly weed
- Candytuft
- Chrysanthemum
- Clematis
- Forget-me-not
- Four O'clock
- Painted daisy
- Peony

Reference: <https://gilmour.com/planting-zones-hardiness-map#What-Planting-Zone-Am-I-In?>