



# NWS Albany

Serving eastern New York and western New England

## National Weather Service Albany's Frost/Freeze Program

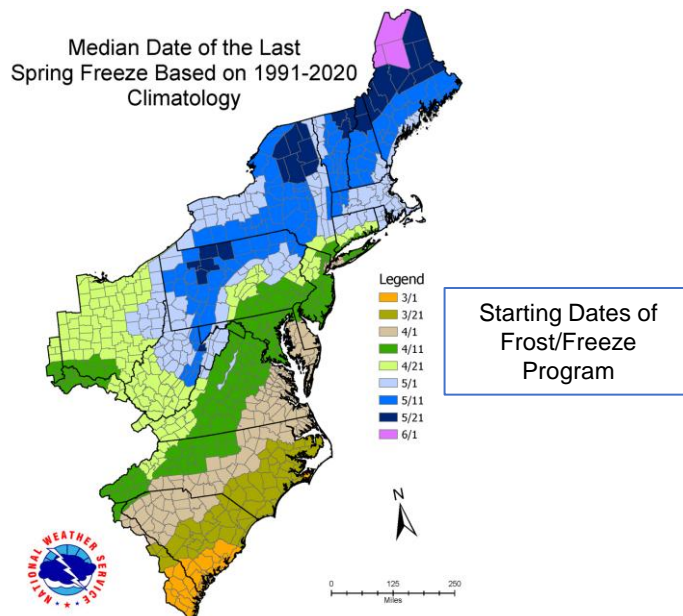
The NWS Frost/Freeze program is designed to alert gardeners and growers that actions may be needed to protect tender vegetation from potentially harmful cold temperatures.

The “**Growing Season**” is defined as the period between the average (median) date of the last Spring Freeze and the average date of the first Fall Freeze. When a Frost or Freeze is expected during the “Growing Season”, the NWS will issue a **Frost Advisory** or **Freeze Warning** respectively. Actions in the spring can help protect young vegetation that is just in its early stages with actions in the fall possibly helping to prolong the season.

In 2026, NWS Albany will continue to cancel the issuance of fall Frost/Freeze headlines by date. This year the date will be the 75<sup>th</sup> percentile for a Fall Freeze, 10 days beyond the median date.



<u>Location</u>	<u>Frost/Freeze Program BEGINS</u>	<u>Frost/Freeze Program ENDS</u>
Hudson Valley and southern Taconics in New York and Litchfield County in northwest Connecticut.	May 1st	October 14 <sup>th</sup> October 21st
Mohawk Valley, Eastern Catskills and Northern Taconics in New York. Southern Vermont and the Berkshires in western New England.	May 11th	October 1 <sup>st</sup> October 11th
Southern Adirondacks of NY	May 21st	Sept 21 <sup>st</sup> October 1st



Outside of the growing season, the NWS will **not** issue any Frost or Freeze headlines, and strongly urges you to follow local forecasts of temperatures and take protective actions if needed.

Some terminology and guidance that may help you protect your vegetation:

**Frost** can occur when the temperatures fall to the mid 30s, especially in rural areas. It is a localized phenomena and frost occurrence can vary greatly across a small area.

**Frost** becomes more widespread when the temperature falls to 32°F or below with a **freeze** possible.

A **hard freeze** is possible when temperatures are ≤ 28°F.

Some protective measures may include;

- Bring plants inside or under some sort of cover.
- Covering your plants with a light weight fabric.
- Water the soil **BEFORE** as wet soils retain heat better.
- Heaters, smudge pots or wind machines – to mix the air so the average temperature near the ground is raised.

