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 2022, NWS Albany will continue an experiment to cancel the issuance of Frost/Freeze headlines by date. This year the date will be the 75th percentile for a Fall Freeze, which is 7-10 days beyond the median date.

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 below 32°F 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.

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