

Indoor Sowing Guide

Flowers & Ornamentals

Plant Name	Before Your Average Last Frost Date	After Your Average Last Frost Date	Before Your Average First Fall Frost Date
Gazania	6-8 weeks		
Penstemon*	6-8 weeks		
Bluebonnet	4-6 weeks		
Columbine	4-6 weeks		
Feverfew	4-6 weeks		
Flax (Blue and Breezy)	4-6 weeks		
Gaillardia	4-6 weeks		
Larkspur	4-6 weeks		
Lavender	4-6 weeks		
Lupine (Dixie Delight)*	4-6 weeks		
Pansy*	4-6 weeks		
Poppy*	4-6 weeks		
Snapdragons*	4-6 weeks		
Sweet Pea*	4-6 weeks		
Viola*	4-6 weeks		
Bee Balm	2-4 weeks		
Bells Of Ireland	2-4 weeks		
Black-Eyed Susan	2-4 weeks		
Bluebells (California)*	2-4 weeks		
Calendula*	2-4 weeks		
Clematis	2-4 weeks		
Echinacea	2-4 weeks		
Grass(Blue Grama)	2-4 weeks		
Love-A-Mist*	2-4 weeks		
Milkweed*	2-4 weeks		
Phlox*	2-4 weeks		
Shasta Daisy	2-4 weeks		
Verbascum*	2-4 weeks		
Verbena	2-4 weeks		
Wheat	2-4 weeks		
African Daisy*	1-2 weeks		
Alyssum*	1-2 weeks		
Ammi	1-2 weeks		
Bachelor's Buttons*	1-2 weeks		
Carnation	1-2 weeks		
Chinese Lantern	1-2 weeks		
Chocolate Flower	1-2 weeks		
Coreopsis	1-2 weeks		
Flax (scarlet)*	1-2 weeks		
Forget-Me-Not*	1-2 weeks		
Iceplant*	1-2 weeks		
Linaria	1-2 weeks		
Painted Daisy	1-2 weeks		
Salpiglossis*	1-2 weeks		
Amaranth		1-2 weeks	
Aster		1-2 weeks	
Balsam		1-2 weeks	
Black-Eyed Susan Vine		1-2 weeks	
Broom Corn		1-2 weeks	
Cape Daisy		1-2 weeks	
Cardinal Climber		1-2 weeks	
Castor Bean		1-2 weeks	
Celosia		1-2 weeks	
Coleus		1-2 weeks	
Corn (Ornamental)		1-2 weeks	
Cosmos		1-2 weeks	
Cottage Pinks		1-2 weeks	
Cup and Saucer Vine		1-2 weeks	
Cypress Vine		1-2 weeks	
Delphinium		1-2 weeks	
Dusty Miller		1-2 weeks	
Four O' Clock		1-2 weeks	
Foxglove		1-2 weeks	
Hollyhock		1-2 weeks	
Hyacinth Bean		1-2 weeks	
Hyssop ('Apache Sunset, Anis)		1-2 weeks	
Impatiens		1-2 weeks	
Lobelia		1-2 weeks	
Lupine		1-2 weeks	
Marigold		1-2 weeks	
Mexican Sunflower		1-2 weeks	
Money Plant		1-2 weeks	
Moonflower		1-2 weeks	
Morning Glory		1-2 weeks	
Nasturtium*		1-2 weeks	
Nicotiana		1-2 weeks	
Orlaya		1-2 weeks	
Portulaca		1-2 weeks	
Salvia		1-2 weeks	
Scabiosa		1-2 weeks	
Stock*		1-2 weeks	
Sunflower		1-2 weeks	
Sweet Annie		1-2 weeks	
Sweet William		1-2 weeks	
Zinnia		1-2 weeks	
Canterbury Bells		2-4 weeks	
Craspedia		2-4 weeks	
Dahlia		2-4 weeks	
Eucalyptus		2-4 weeks	
Gourd		2-4 weeks	
Grass (Bunny Tails, Frosted Explosion)		2-4 weeks	
Honeywort		2-4 weeks	
Hyssop (True)		2-4 weeks	
Ornamental Millet		2-4 weeks	
Pumpkin On A Stick		2-4 weeks	
Statice		2-4 weeks	
Strawflower		2-4 weeks	
Wheat		2-4 weeks	
Yarrow*		2-4 weeks	

*Can also be sown in late summer to early fall or winter in mild climates. See Packet for specific information.

Outdoor Sowing Guide

Herbs & Vegetables

Plant Name	Before Your Average Last Frost Date	After Your Average Last Frost Date	Before Your Average First Fall Frost Date
Amaranth		1-2 weeks	
Artichoke	10-12 weeks ID		
Arugula*	2-4 weeks		
Baby Greens (pea shoots, spinach)	4-6 weeks		
Baby Greens (Swiss Chard, Arugula, lettuce, spinach, super greens)	2-4 weeks		
Basil		1-2 weeks	
Bean		1-2 weeks	
Bean (Fava) *	6-8 weeks		
Beet*	2-4 weeks		
Bitter Melon		1-2 weeks	
Bok Choy (Tatsoi)*		1-2 weeks	
Bok Choy* (Baby Choi, Toy Choy)	2-4 weeks		
Borage*	1-2 weeks		
Broccoli*	4-6 weeks		
Brussel Sprouts*			3-4 Months
Cabbage (head)	4-6 weeks		
Cabbage(Napa)*		1-2 weeks	
Carrot*	2-4 weeks		
Catnip	2-4 weeks		
Cauliflower*	1-2 weeks		3-4 months
Celery	1-2 weeks		3-4 months
Chamomile	4-6 weeks		
Chervil	4-6 weeks		
Chinese Broccoli Kailaan*	1-2 weeks		
Chives	4-6 weeks		
Cilantro*	1-2 weeks		
Collards*	2-4 weeks		3-4 months
Corn		1-2 weeks	
Cover Crop (Common Buckwheat)		2-4 weeks	
Cover Crop (Crimson Clover, soil builder, fava beans, hairy Vetch)			3-4 months
Cover Crop (Crimson Clover)	2-4 weeks		
Cover Crops*	6-8 weeks		
Cucumber		1-2 weeks	
Dill	1-2 weeks		
Dill	1-2 weeks		
Edamame		1-2 weeks	
Eggplant		2-4 weeks	
Eggplant		2-4 weeks	
Endive*	4-6 weeks		3-4 months
Endive*	4-6 weeks		
Fennel*		1-2 weeks	
Ground Cherry		2-4 weeks	
Kale*	1-2 weeks		3-4 months
Kohlrabi	4-6 weeks		
Leek*	2-4 weeks		
Leeks*	2-4 weeks		
Lemon Balm		1-2 weeks	
Lettuce*	2-4 weeks		
Marjoram	1-2 weeks		
Matcha	4-6 weeks		
Melon		1-2 weeks	
Mint		1-2 weeks	
Mustard	4-6 weeks		
Okra		1-2 weeks	
Onions (bunching)*	4-6 weeks		
Onions (shallots)	4-6 weeks		
Oregano		2-4 weeks	
Parsley	4-6 weeks		
Parsnip			3-4 months
Pea*	4-6 weeks		
Pepper		2-4 weeks	
Pumpkin		2-4 weeks	
Quinoa*		1-2 weeks	
Radicchio			3-4 months
Radish (summer)*	4-6 weeks		
Radish (Winter)*			3-4 months
Rosemary		1-2 weeks	
Rutabaga*	4-6 weeks		
Sage		1-2 weeks	
Savory		1-2 weeks	
Savory		1-2 weeks	
Shiso		1-2 weeks	
Sorrel*	1-2 weeks		
Spinach (New Zealand)		1-2 weeks	
Spinach*	4-6 weeks		
Squash (summer, Winter)		1-2 weeks	
Stevia	8-10 weeks ID		
Strawberries	8-12 weeks		
Swiss Chard*	2-4 weeks		
Tarragon		1-2 weeks	
Thyme		1-2 weeks	
Tomatillo		2-4 weeks	
Tomatoes (mild climates only)		1-2 weeks	
Turnip	2-4 weeks		
Watercress	2-4 weeks		
Watermelon		1-2 weeks	

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