





Indoor Sowing Guide

VEGETABLES & HERBS

10–12 weeks before
your average last frost date

Artichoke 
Celery
Eggplant
Onion, Bulb and Shallot
Rosemary

8–10 weeks before
your average last frost date

Dill
Endive
Leek
Onion, Bunching
Pepper 
Savory
Stevia
Wild Bergamot

6–8 weeks before
your average last frost date

Amaranth
Borage
Cabbage, Head and Savoy 
Catnip
Chives
Lemon Balm
Marjoram
Mint
Oregano
Parsley
Sage
Tarragon
Thyme

4–6 weeks before
your average last frost date

Basil
Broccoli
Broccoli Romanesco
Cabbage, Napa
Cauliflower 
Chamomile
Collards
Fennel
Kale
Kohlrabi
Lettuce
Okra
Radicchio 
Shiso
Sorrel
Swiss Chard
Tomatillo
Tomato
Watercress

2–4 weeks before
your average last frost date

Bitter Melon
Broccoli Raab
Cucumber
Melon
Pumpkin
Spinach New Zealand
Squash, Summer and Winter
Watermelon



1–2 weeks before
your average last frost date


Quinoa

2–3 months before
your average first fall frost date

Cabbage, Napa
Celery
Kale
Onion Short-day types
(*Mild climates only*)
Radicchio

4 months before
your average first fall frost date

Brussels Sprouts 
Cauliflower 

 Can also be started indoors in late summer to fall or winter in mild climates. See packet for specific information.

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Outdoor Sowing Guide

VEGETABLES & HERBS

6–8 weeks before
your average last frost date

Bean, Fava 🌿
Cover Crop Fava 🌿
Cover Crop Soil Builder 🌿

4–6 weeks before
your average last frost date

Broccoli 🌿
Broccoli Raab 🌿
Cabbage, Head and Savoy 🌿
Chamomile
Chervil
Chives
Endive 🌿
Kohlrabi 🌿
Mâche 🌿
Mustard 🌿
Mustard Spinach 🌿
Onion, Bulb (*except in mild climates*)
Onion, Bunching 🌿
Onion, Shallot
Parsley
Pea 🌿
Radish, Summer 🌿
Rutabaga 🌿
Spinach (*except New Zealand*)

2–4 weeks before
your average last frost date

Arugula 🌿
Beet 🌿
Bok Choy Baby Choi and 'Toy Choy' 🌿
Carrot 🌿
Catnip
Collards 🌿
Cover Crop Crimson Clover 🌿
Leek 🌿
Lettuce 🌿
Swiss Chard 🌿
Turnip 🌿
Watercress
Wild Bergamot

1–2 weeks before
your average last frost date

Borage 🌿
Broccoli Romanesco 🌿
Cauliflower 🌿
Celery (*Mild climates only*) 🌿
Chinese Kale | Kailaan 🌿
Cilantro 🌿
Dill
Kale 🌿
Marjoram
Sorrel

1–2 weeks after
your average last frost date

Amaranth
Basil
Bean, Bush and Pole
Bitter Melon
Bok Choy Tatsoi 🌿
Cabbage, Napa 🌿
Corn
Cucumber
Edamame
Fennel 🌿
Lemon Balm
Mint
Melon
Okra
Quinoa 🌿
Rosemary
Sage
Savory
Shiso
Spinach New Zealand
Squash, Summer and Winter
Tarragon
Thyme
Tomato (*Mild climates only*)
Watermelon

2–4 weeks after
your average last frost date

Cover Crop Common Buckwheat
Eggplant
Oregano
Pepper (*Mild climates only*)
Pumpkin
Tomatillo

3–4 months before
your average first fall frost date

Brussels Sprouts 🌿
Cauliflower 🌿
Celery
Collards
Endive
Parsnip 🌿
Pea 🌿
Rutabaga 🌿

1–2 months before
your average first fall frost date

Cover Crop Crimson Clover,
Soil Builder, Fava Bean
Radicchio
Radish, Winter 🌿

Late Summer - Early Fall

Artichoke (*Mild climates only*)
Chinese Kale | Kailaan
Onion, Bulb (Short-day types,
Mild climates only)
Sorrel
Wild Bergamot

🌿 Also can be sown in late summer to fall or winter in mild climates. See packet for specific information.

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