

# Indoor Sowing Guide

## FLOWERS & ORNAMENTALS




**10–12 weeks before**  
your average last frost date

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Columbine  
Echinacea  
Grass Little, Bluestem and Blue Grama  
Heliotrope  
Lavender  
Petunia  
Verbena


**8–10 weeks before**  
your average last frost date

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Bee Balm  
Black-Eyed Susan  
Carnation  
Cottage Pinks  
Dahlia  
Dusty Miller  
Feverfew  
Lobelia  
Ornamental Pepper 'Black Pearl'  
Pansy   
Salpiglossis  
Salvia 'Blue Victory'  
Snapdragon  
Statice  
Stock   
Sweet William  
Viola   
Yarrow

**6–8 weeks before**  
your average last frost date

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African Daisy  
Ageratum  
Aster   
Balsam  
Bells of Ireland  
Black-eyed Susan Vine  
Bluebells California  
Bluebonnet  
Canterbury Bells  
Castor Bean  
Celosia  
Chocolate Flower  
Cleome  
Coleus  
Coreopsis  
Craspedia  
Cup and Saucer Vine  
Cypress Vine  
Delphinium  
Four O'Clock  
Foxglove  
Gaillardia  
Gomphrena  
Grass 'Bunny Tails'  
Hollyhock  
Hyacinth Bean  
Hyssop True  
Iceplant  
Impatiens  
Lace Flower  
Larkspur

Linaria  
Love-Lies-Bleeding  
Lupine Russell Blend  
Mexican Sunflower  
Milkweed  
Nicotiana  
Painted Daisy  
Penstemon  
Phlox  
Poppy, Iceland and Oriental  
Portulaca  
Pumpkin on a Stick  
Salvia 'Early Bonfire'  
Scabiosa  
Shasta Daisy  
Strawflower  
Sweet Annie  
Verbascum

**4–6 weeks before**  
your average last frost date

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Alyssum  
Amaranth  
Ammi  
Bachelor's Button  
Bupleurum  
Calendula  
Cardinal Climber  
Chinese Lantern  
Cosmos  
Flax 'Scarlet'  
Forget-Me-Not  
Grass 'Frosted Explosion'  
Honeywort

Hyssop Lavender  
Marigold  
Mina Lobata  
Moonflower  
Morning Glory  
Orlaya   
Sweet Pea  
Zinnia

**2–4 weeks before**  
your average last frost date

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Gourd  
Money Plant  
Nasturtium  
Ornamental Millet  
Sunflower

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

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# Indoor Sowing Guide

## VEGETABLES & HERBS


**10–12 weeks** before  
your average last frost date

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Artichoke   
Celery  
Eggplant  
Onion, Bulb and Shallot  
Rosemary

**8–10 weeks** before  
your average last frost date

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Dill  
Endive  
Leek  
Onion, Bunching  
Pepper   
Savory  
Stevia  
Wild Bergamot

**6–8 weeks** before  
your average last frost date

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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

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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

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

**1–2 weeks** before  
your average last frost date

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Quinoa


**2–3 months** before  
your average first fall frost date


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

**4 months** before  
your average first fall frost date

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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

## FLOWERS & ORNAMENTALS

**6–8 weeks before**  
your average last frost date

Penstemon

**4–6 weeks before**  
your average last frost date, or as  
soon as the soil can be worked

Bluebonnet  
Columbine  
Feverfew  
Flax Blue and Breezy  
Gaillardia  
Larkspur  
Lavender  
Lupine Pixie Delight  
Pansy  
Poppy  
Snapdragon  
Sweet Pea  
Viola

**2–4 weeks before**  
your average last frost date

Bee Balm  
Bells of Ireland  
Black-Eyed Susan  
Bluebells California  
Bupleurum  
Calendula  
Cleome  
Echinacea  
Flower Mix  
Grass Little Bluestem, Blue Grama

Love-In-A-Mist  
Milkweed  
Phlox  
Shasta Daisy  
Verbascum  
Verbena  
Wheat

**1–2 weeks before**  
your average last frost date

African Daisy  
Alyssum  
Ammi  
Bachelor's Button  
Carnation  
Chinese Lantern  
Chocolate Flower  
Coreopsis  
Flax 'Scarlet'  
Forget-Me-Not  
Iceplant  
Linaria  
Painted Daisy  
Salpiglossis

**1–2 weeks after**  
your average last frost date

Amaranth  
Aster  
Balsam  
Black-Eyed Susan Vine  
Broom Corn  
Cardinal Climber

Castor Bean  
Celosia  
Coleus  
Corn, Ornamental  
Cosmos  
Cottage Pinks  
Cup and Saucer Vine  
Cypress Vine  
Delphinium  
Dusty Miller  
Four O'Clock  
Foxglove  
Heliotrope  
Hollyhock  
Hyacinth Bean  
Hyssop Lavender  
Impatiens  
Lobelia  
Love-Lies-Bleeding  
Lupine Russell Blend  
Marigold  
Mexican Sunflower  
Mina Lobata  
Money Plant  
Moonflower  
Morning Glory  
Nasturtium  
Nicotiana  
Orlaya  
Portulaca  
Salvia  
Scabiosa  
Stock  
Sunflower

Sweet Annie  
Sweet William  
Zinnia

**2–4 weeks after**  
your average last frost date

Ageratum *(Mild climates only)*  
Canterbury Bells  
Craspedia  
Dahlia  
Gomphrena  
Gourd  
Grass 'Bunny Tails', 'Frosted Explosion'  
Honeywort  
Hyssop True  
Lace Flower  
Ornamental Millet  
Pumpkin on a Stick  
Statice  
Strawflower  
Wheat  
Yarrow

**Late Fall - Early Winter**

Lupine Pixie Delight

Can also be sown in late summer to  
early 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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