

Indoor Sowing Guide

FLOWERS & ORNAMENTALS






10–12 weeks before your average last frost date





Columbine
Echinacea
Gaillardia 'Mesa Yellow'
Grass Little Bluestem
Heliotrope
Lavender
Petunia
Verbena

8–10 weeks before your average last frost date




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


6–8 weeks before your average last frost date

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


Larkspur
Linaria 
Love-Lies-Bleeding
Lupine Russell Blend 
Mexican Sunflower
Milkweed
Nicotiana
Painted Daisy
Penstemon
Poppy (Iceland, 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

Alyssum (Sweet) 
Amaranth
Ammi
Bachelor's Button 
Bupleurum
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

Gourd
Money Plant
Nasturtium 
Ornamental Millet
Sunflower

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

v081718

Indoor Sowing Guide

VEGETABLES & HERBS

10–12 weeks before
your average last frost date

Artichoke 
Celery 
Eggplant
Onion (Bulb)
Onion (Shallot)
Rosemary

8–10 weeks before
your average last frost date

Dill
Endive 
Leek 
Onion (Bunching) 
Pepper
Savory
Stevia

6–8 weeks before
your average last frost date

Amaranth
Borage 
Cabbage 
Catnip
Chives
Lemon Balm
Marjoram
Mint
Oregano
Parsley
Sage
Tarragon
Thyme

4–6 weeks before
your average last frost date

Basil
Broccoli 
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 
Cress 
Cucumber
Melon
Pumpkin
Spinach, New Zealand
Squash (Summer/ Winter)
Watermelon



1–2 weeks before
your average last frost date


Quinoa 

2–3 months before
your average first fall frost

Celery
Onion Short-day types (*south only*)

4 months before
your average first fall frost

Brussels Sprouts 
Cauliflower 

 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

FLOWERS & ORNAMENTALS

6–8 weeks before
your average last frost date

Penstemon
Viola 'Corsican Violet' 🌿

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

Alyssum 'Compacta' 🌿
Bee Balm
Bells of Ireland
Black-Eyed Susan
Bluebells California 🌿
Bupleurum
Calendula 🌿
Cleome
Echinacea

Grass Little Bluestem
Love-In-A-Mist
Milkweed
Penstemon Palmers, Rocky
Mountain Blue
Shasta Daisy
Verbascum 🌿
Verbena
Wheat

1–2 weeks before
your average last frost date

African Daisy 🌿
Alyssum (Sweet) 🌿
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 🌿
Baby's Breath
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
Canterbury Bells
Craspedia
Gomphrena
Gourd
Grass 'Bunny Tails'
Grass 'Frosted Explosion'
Honeywort
Hyssop True
Ornamental Millet
Pumpkin on a Stick
Statice
Strawflower
Wheat
Yarrow

🌿 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) 🌿
Chamomile
Chervil
Chinese Kale 🌿
Chives
Cress 🌿
Endive 🌿
Kohlrabi 🌿
Mâche 🌿
Mustard 🌿
Mustard Spinach 🌿
Onion (Bulb, except short-day types)
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 'Toy Choy' 🌿
Carrot 🌿
Catnip
Collards 🌿
Cover Crop Crimson Clover 🌿
Leek 🌿
Lettuce 🌿
Swiss Chard 🌿
Turnip 🌿
Watercress

1–2 weeks before
your average last frost date

Borage 🌿
Cauliflower 🌿
Celery
Chinese Kale/Kailaan 🌿
Cilantro 🌿
Dill
Kale 🌿
Marjoram
Sorrel

1–2 weeks after
your average last frost date

Amaranth
Basil
Bean (Bush/Cowpea/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/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

Brussels Sprouts 🌿
Celery
Parsnip 🌿
Pea 🌿
Rutabaga

1–2 months before
your average first fall frost

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

Late Summer - Early Fall

Artichoke (Mild climates only)
Onion (Bulb) Short-day types

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