


Indoor Sowing Guide

VEGETABLES & HERBS

14–16 weeks before
your average last frost date

Strawberry

10–12 weeks before
your average last frost date

Artichoke 

Celery

Eggplant

Onion (Bulb, 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

Borage

Cabbage (Head) 

Catnip

Chives

Lemon Balm

Marjoram

Mint

Oregano

Parsley

Sage

Tarragon


Thyme

4–6 weeks before
your average last frost date

Amaranth

Basil

Broccoli

Cabbage (Napa) 

Cauliflower 


Chamomile

Collards

Fennel

Ground Cherry

Kale 

Kohlrabi 

Lettuce

Okra

Potato

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, Winter)

Watermelon

1–2 weeks before
your average last frost date

Quinoa

2–3 months before
your average first fall frost date

Cabbage (Head, Napa)

Celery

Kale

Kohlrabi

Onion (Short-day bulbs—*Mild climates only*)


Potato (*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

8–12 weeks before
your average last frost date

Strawberry

6–8 weeks before
your average last frost date

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

4–6 weeks before
your average last frost date

Baby Greens (Pea Shoots, Spinach)
Broccoli 🌿
Broccoli Raab 🌿
Cabbage (Head) 🌿
Chamomile
Chervil
Chives
Endive 🌿
Kohlrabi 🌿
Mâche 🌿
Mustard 🌿
Mustard Spinach 🌿
Onion (Bulb—except in mild climates)
Onion (Bunching) 🌿
Onion (Shallot)
Parsley
Pea 🌿

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

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Radish (Summer) 🌿
Rutabaga 🌿
Spinach (except New Zealand) 🌿

2–4 weeks before
your average last frost date

Arugula 🌿
Baby Greens (Swiss Chard, Arugula,
Lettuce Mesclun, Mustard, Kale,
Smoothie, Snappy, Superfoods)
Beet 🌿
Bok Choy (Baby Choi, '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 🌿
Cauliflower 🌿
Celery (Mild climates only) 🌿
Chinese Broccoli | Kailaan 🌿
Cilantro 🌿
Dill
Kale 🌿
Marjoram
Sorrel 🌿

1–2 weeks after
your average last frost date

Amaranth
Basil
Bean
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
Ground Cherry
Oregano

Pepper (Mild climates only)
Pumpkin
Tomatillo

3–4 months before
your average first fall frost date

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

1–2 months before
your average first fall frost date

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

Late Summer - Early Fall

Artichoke (Mild climates only)
Chinese Broccoli | Kailaan
Onion (Short-day bulbs—Mild
climates only)
Sorrel
Wild Bergamot