

Indoor Spring Sowing Guide

VEGETABLES & HERBS

12 weeks

before average last spring frost

Artichokes (*Mild climates: early fall*)

10-12 weeks

before average last spring frost

Echinacea

Eggplant

Endive

Escarole

Kale Redbor

Lavender Hidcote Dwarf

Rosemary

8-10 weeks

before average last spring frost

Chamomile

Kale (except Redbor)

Lavender English Tall

Leeks

Lovage

Onion Flat of Italy, Red Amposta
(Intermediate Day variety for
middle states)

Onion Ringmaster (Long Day variety for
northern states)

Onion Yellow Granex PRR (Short Day
variety for southern states)

Peppers, Chile and Sweet (*mild winter
climates, also midsummer for fall crop*)

Savory

Stevia

Thyme

6-8 weeks

before average last spring frost

Basils

Catnip

Calendulas

Chives

Collards

Cumin

Feverfew

Garlic Chives

Lemon Balm

Marjoram

Oregano

Parsley

Tomatoes

4-6 weeks

before average last spring frost

Arugula

Bitter Melon

Broccoli Di Cicco

Broccoli Romanesco

Brussels Sprouts

Cabbage

Cabbage Chinese ◦

Cauliflower

Celery

Cucumbers

Fennel (*only for bulb production in hot
summer climates*)

Hyssop Lavender Hyssop

Kohlrabi

Lettuces ♦

Melons ♦

Radicchio

Sage

Shiso

Sorrel

Okra

Tomatillo

Watercress

Watermelons

2-4 weeks

before average last spring frost

Broccoli Raab

Broccoli Waltham

Cress (Garden)

Fennel

Kale, Chinese

Pumpkins ♦

Radish Rat Tail

Sage

Spinach New Zealand

Squash – all Summer varieties

Squash – all Winter varieties

1-2 weeks

after average last spring frost

Quinoa

**The following varieties do
not transplant well.**

**RECOMMENDED to start
outdoors directly in the ground:**

Amaranth Edible Red Leaf

Beans

Beets

Bok Choy

Borage

Carrots

Chervil

Cilantro

Clary Sage

Corn

Cover Crops

Dill

Edamame

Fennel

Fenugreek (for plants)

Lettuce Mesclun

Mache

Mitsuba (Japanese Wild Parsley)

Mustards

Onions Bunching / Scallion

Parsnip

Peas

Radishes (root types)

Rutabaga

Spinach

Swiss Chard

Turnips

**The following varieties can
be grown indoors in a sunny
window at any time of year**

Cat Grass

Cress

Fenugreek (for sprouts)

Lettuce Mesclun

Micro Greens

Sprouts – Alfalfa, Broccoli, Mung Bean, Radish

Wheatgrass

- Also late summer-fall in mild winter climates for winter or spring bloom
- Up to 2 months before average first fall frost
- ♦ Recommended to start outdoors directly in ground when possible. Transplant carefully if starting indoors.

BOLD = Online Only variety