

Late Summer/Fall Sowing Guide

VEGETABLES, HERBS & FLOWERS

12-14 weeks

before average first fall frost

Brussels Sprouts *
Parsnip (in mild winter climates sow in fall for harvest the following spring)

10-12 weeks

before average first fall frost

Cabbage *
Cauliflower * (zone 8 or warmer, can sow early fall for winter harvest)
Collards *
Fennel * (this early for bulb production in fall)

8-10 weeks

before average first fall frost

Balloon Flower (P)
Cabbage Chinese *
Chives *
Echinacea *
Endive*
Escarole *
Garlic Chives *
Lemon Balm *
Oregano *
Radish Daikon ☆ (sow directly outside)
Radish Watermelon Mantang Hong ☆ (sow directly outside)
Radish Rat Tail ☆ (sow directly outside)
Swiss Chard *
Turnips (sow directly outside) +
Most Perennial Flowers *

6-8 weeks

before average first fall frost

Beets +
Bok Choy ☆
Broccoli *
Broccoli Raab *
Carrots (sow directly outside)
Catnip *
Chervil (sow directly outside)
Chinese Kale (zone 8 or warmer, can sow late fall for winter, early spring harvest)
Cover Crop Soil Builder
Kale ☆
Kohlrabi

4-6 weeks

before average first fall frost

Cilantro
Radicchio
Snapdragon (A) (mild winter climates)
Spinach (sow directly outside)
Sweet Peas (A) (mild winter climates)
Violas (P)

2-4 weeks

before average first fall frost

African Daisy (A) (mild winter climates)
Allium (P)
Alyssum Sweet (A) (mild winter climates)
Alyssum Basket of Gold (P)
Arugula *☆
Bells of Ireland (A)
Bluebells (A) (mild winter climates)
Calendula (A) (mild winter climates)
Flax Blue Lewis (P)
Flax Scarlet (A) (mild winter climates)
Forget-Me-Nots (A,B,P) (mild winter climates)
Gaura (P)

Globemallow (P)
Grass Blue Fescue (P), Little Bluestem (P)
Hyssop Lavender
Larkspurs (A)
Lettuces *☆
Lobelias (A) (mild winter climates)
Love-in-a-Mist (A) (mild winter climates)
Lupine (P) (mild winter climates)
Mache * †
Mitsuba (sow directly outside)
Ornamental Eggplant-Pumpkin on a Stick (A) (mild winter climates)
Radishes
Pansies (A)
Poppies (A,P)
Stocks (P) (mild winter climates)
Sweet Annie (A)
Virginia Stock (A) (mild winter climates)
Violas (P)

1-2 weeks

before average first fall frost

Artichokes * (mild winter climates)
Fenugreek † (for plants, mild winter climates)
Leek *
Onion Yellow Granex
Peas † (mild winter climates)
Quinoa *

Late fall

after frost is common (for germination in spring)

Bean, Fava (mild winter climates)
Chamomile *
Coreopsis (P) (mild winter climates)
Feverfew
Lavender English Tall (P),
Hidcote Dwarf (P) *

Mustard + (mild winter climates)
Onion Bunching/Scallion † (mild winter climates)
Penstemon (P)
Sorrel *

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

Cat Grass
Fenugreek (for sprouts)
Lettuce Mesclun
Micro Greens
Sprouts Alfalfa, Broccoli, Mung Bean, Radish
Wheatgrass

(P) = Perennial
(A) = Annual
(B) = Biennial

* These varieties can be started indoors, then transplanted outside.
+ Mild winter climates - can sow every three weeks through the winter
☆ Mild winter climates - sow until temperatures are too cold for germination
† Mild winter climates - can sow fall to winter for winter to spring harvest

BOLD = Online Only variety