



Outdoor Spring Sowing Guide

VEGETABLES & HERBS

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4-6 weeks

**before average last frost or
as soon as the soil can be worked**

Bok Choy ×○
Broccoli ×○
Broccoli Raab ×○
Broccoli Romanesco
Chamomile †
Chervil ○
Chinese Kale ×○
Chives ○
Endive × (but late summer sowing for fall crop may have better success)
Escarole (but late summer sowing for fall crop may have better success)
Fava Beans (Cold climates: can sow when soil temps are as low as 35-40° F. Plant when the crocus emerge!) (Mild climates: sow in fall for spring harvest.)
Fenugreek (for plants) ×
Feverfew
Kohlrabi ○
Lavender †
Mache ×○
Mustard × (and every 3 weeks for continuous harvest)
Onion Bunching/Scallion × (and every 3 weeks for continuous harvest)
Onion Bulbing (except Yellow Granex: start late summer or early fall)
Parsley
Peas × (Shelling, Snap, Snow)
Radishes (when soil temp above 40° F, and in late summer up until first fall frost)
Sage
Spinach (and successive sowings every 3-4 weeks)

2-4 weeks

before average last spring frost

Arugula × (and successive sowings every 3-4 weeks)
Beets ×○
Calendula ●
Carrots × (successive sowings every 3 weeks until 60 days before first fall frost)
Catnip ○
Collards (or late summer for fall crop)
Cover Crop Soil Builder (As soon as soil can be worked and soil temperature is around 40° F. Also sow in fall.)
Echinaceas ○
Leeks ○ (and late spring for fall harvest)
Lettuce × (and successive sowings every 3 weeks)
Lettuce Mesclun
Lovage
Micro Greens (best grown indoors)
Radish Rat Tail
Swiss Chard ×○ (Except Ruby Red) (when soil temp is at least 50° F)
Turnips × (and successive sowings every 2 weeks until midsummer)
Watercress

1-2 weeks

before average last spring frost

Borage (Mild climates: anytime)
Cabbage Chinese ○ (Mild climates: may sow in spring if plants can grow in range of 50-75° F for 70-85 days to maturity.)
Cauliflower ×
Celery (Recommended for mild climates only. Other areas, sow indoors 4 - 6 weeks before average last frost, or 4 - 6 weeks before transplanting outdoors for fall crop)
Cilantro ×
Cress (Garden)
Dill (every 2-3 weeks until hot weather)
Echinacea
Kale ×○ (Soil temps at least 60° F) (Start **Chidori** indoors; sowing outdoors is not recommended.)
Marjoram
Mitsuba (Japanese Wild Parsley)
Radicchio ○
Rutabaga
Sorrel †
Tomatoes ★ (when soil is at least 60° F, recommended for mild winter climates only. Cold winter climates: start indoors)

- Also late summer-fall in mild winter climates for winter or spring bloom.
- × Mild winter climates - also in fall for winter harvest
- † Or fall for germination the following spring
- Up to 2 months before average first fall frost
- ★ Indoor sowing recommended

BOLD = Online Only variety

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1-2 weeks

after average last frost
and when temperatures are warm

Amaranth Edible Red Leaf (*start earlier if temps allow to get grain which takes 90-110 days*)
 Basils
 Beans [○] (*and successive sowings every 1-2 weeks*)
Bitter Melon
 Clary Sage
 Corn
 Cover Crop Buckwheat
 Cucumbers (*when soil temps are at least 65° F*)
 Cumin
 Edamame (*and successive sowings every 1-2 weeks*)
 Fennel - for bulb (*For foliage only, sow every three weeks after average last frost until midsummer*)
 Hyssop Lavender ⁺
 Lemon Balm [○]
 Melons
 Muskmelons
 Okra (*when day temps are at least 60° F and night temps are at least 55° F*)
 Parsnip [×]
 Quinoa Brightest Brilliant Rainbow (*Cold climates: when soil is at least 60° F. Mild climates: sow in late summer-early fall.*)
 Rosemary (*zone 8 and warmer*)
 (*Cooler climates start earlier indoors*)
 Savory
 Shiso
Spinach New Zealand (*soil temps are at least 65° F*)
 Swiss Chard Ruby Red
 Thyme
 Watermelon *Mild climates only. Cold climates: start indoors*)

2-4 weeks

after average last frost

Eggplants [★] (*when night temps are at least 55° F*)
 Oregano [○]
 Peppers [★] (*when air temps are at least 70° F or soil temps are at least 65° F*)
 (*Zones 9 & 10 can sow in midsummer.*)
 Pumpkins (*when soil temps are above 60° F*)
Radish White Icicle (*successive sowings every 10 days until early fall*)
 Squash, Summer and Winter varieties (*when soil temps are above 60° F*)
 Tomatillo

8-10 weeks

before first fall frost

Radish Daikon (*and 2-3 successive sowings every 10 days*)

10-12 weeks

before first fall frost
(or as noted below)

Artichokes [★] (*Mild Climates: sow in fall. Cold Climates: sow indoors 12 wks before average last spring frost.*)
 Brussels Sprouts (*sow 12-14 weeks before first fall frost*)
 Cabbage
 Cabbage Chinese
 Endive
 Escarole
 Fennel (*in hot summer climates for foliage or bulb production*)
 Parsnip (*sow 16 weeks before first fall frost*)
 Micro Greens [★] (*can be sown outdoors anytime in spring, summer, or fall when temperatures are above freezing, or sown indoors year-round.*)

★ Indoor sowing recommended

Artichokes (*in cold climates*)
 Eggplants
 Micro Greens
 Peppers
 Stevia
 Tomatoes
 Wheatgrass

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- × Mild winter climates - also in fall for winter harvest
- + Or fall for germination the following spring
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