



Indoor Spring Sowing Guide

VEGETABLES & HERBS



12-16 weeks

before average last spring frost

Celery

12 weeks

before average last spring frost

Artichokes

10-12 weeks

before average last spring frost

Endive
Escarole

8-12 weeks

before average last spring frost

Eggplant
Onions Bunching/Scallion Italian Red of Florence
Onion Flat of Italy (Intermediate Day variety for middle states)
Onion Ringmaster (Long Day variety for northern states)
Onion Yellow Granex PRR (Short Day variety for southern states)

10 weeks

before average last spring frost

Kale

8-10 weeks

before average last spring frost

Chamomile
Lavender (English Tall, Hidcote Dwarf)
Leeks
Lovage
Peppers
Rosemary

8 weeks

before average last spring frost

Parsley
Thyme

6-8 weeks

before average last spring frost

Anise
Basil
Clary Sage
Feverfew
Garlic Chives
Marjoram
Oregano
Savory
Tomatoes

6 weeks

before average last spring frost

Catnip
Chives
Collards
Echinacea
Kale, Chinese
Kohlrabi
Lemon Balm
Lettuce
Mint
Radicchio
Watercress

* Recommended to start outdoors directly in ground when possible. Transplant carefully if starting indoors.

BOLD = Online Only variety

4-6 weeks

before average last spring frost

Arugula
Bitter Melon
Broccoli
Broccoli Raab
Brussels Sprouts
Cabbage
Cabbage Chinese
Cucumbers
Mache
Melons
Mustard
Okra
Tomatillo
Watermelons

4 weeks

before average last spring frost

Fennel
Sage
Shiso
Sorrel

3-4 weeks

before average last spring frost

Cress (Garden)
Pumpkins
Radish Rat Tail
Spinach New Zealand
Squash – all Summer varieties
Squash – all Winter varieties

1-2 weeks

before average last spring frost

Quinoa Brightest Brilliant Rainbow

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
Corn
Dill
Edamame
Fenugreek (for plants)
Lettuce Mesclun Blends
Mitsuba (Japanese Wild Parsley)
Onions Bunching/Scallion (Evergreen, Tokyo Long White, White Lisbon)
Parsnip
Peas
Radishes
Spinach
Swiss Chard
Turnips

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

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