



Outdoor Spring Sowing Guide

VEGETABLES & HERBS

4-6 weeks

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

Bok Choy
Broccoli
Broccoli Raab
Chamomile
Chervil
Chinese Kale
Chives
Collards
Endive (*but late summer planting for fall crop may have better success*)
Escarole (*but late summer planting 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 (all varieties)
Mache
Mustard
Mustard Mizuna (*then sow every 3 weeks for continuous harvest*)
Onion Bunching/Scallion
Onion Bulbing
Parsley
Peas (Shelling, Snap, Snow)
Radishes (*when soil temp above 40° F*)
Sage
Spinach

2-4 weeks

before average last spring frost

Arugula
Beets
Carrots (*successive sowings every 3 weeks until 60 days before first fall frost.*)
Catnip
Leeks
Lettuce
Lettuce/Mesclun Blends
Lovage
Radish Rat Tail
Swiss Chard (*when soil temp is at least 50° F*)
Turnips
Watercress

1-2 weeks

before average last spring frost

Borage
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 3-4 months before average last frost.*)
Cilantro
Cress (Garden)
Dill
Echinacea
Fennel (*in cool summer climates, sow now for foliage or bulb production*)
Kale (*Soil temps at least 60° F*)
Lemon Balm

Marjoram

Mint

Mitsuba (*Japanese Wild Parsley*)

Quinoa Brightest Brilliant Rainbow
(*Cold climates: when soil is at least 60° F. Mild climates: sow in late summer.*)

Radicchio

Rosemary (*zone 8 and warmer*)
(*Cooler climates sow earlier indoors*)

Savory

Shiso

Sorrel

Tomatoes (*when soil is at least 60° F*)

1-2 weeks

**after average last frost
and when temperatures are warm**

Amaranth (Een Choy Hiyu) Edible
Red Leaf (*start earlier if temps allow to get grain which takes 90-110 days*)

Basil

Beans (*all varieties*)

Bitter Melon

Clary Sage

Corn

Cucumbers (*soil temps are at least 65° F*)

Edamame

Melons

Muskmelons

Okra (*when day temps are at least 60° F and night temps are at least 55° F*)

Spinach New Zealand

Thyme (*when soil is 70° F or warmer*)

Watermelon

2-4 weeks

after average last frost

Eggplant (*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 mid-summer.)*)
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*)
Tomatillos

10-12 weeks

**before first fall frost
(or as noted below)**

Brussels Sprouts (*sow 12-16 weeks before first fall frost*)
Cabbage Chinese
Cabbage
Endive
Escarole
Fennel (*in hot summer climates for foliage or bulb production*)
Parsnip (*sow 16 weeks before first fall frost*)
Artichokes (*Cold climates: sow indoors 10-12 wks before avg last spring frost. Mild Climates: sow in fall.*)
Micro Greens *can be sown anytime in spring, summer, or fall when temperatures are above freezing.*