

Outdoor Sowing Guide

VEGETABLES & HERBS

6–8 weeks before
your average last frost date

Bean (Fava) 🌿
Cover Crop Fava 🌿
Cover Crop Soil Builder 🌿

4–6 weeks before
your average last frost date

Broccoli 🌿
Broccoli Raab 🌿
Cabbage (Head) 🌿
Chamomile
Chervil 🌿
Chinese Kale 🌿
Chives 🌿
Cress 🌿
Endive 🌿
Kohlrabi 🌿
Mâche 🌿
Mustard 🌿
Mustard Spinach 🌿
Onion (Bulb, except short-day types)
Onion (Bunching) 🌿
Onion (Shallot)
Parsley
Pea 🌿
Radish (Summer) 🌿
Rutabaga 🌿
Spinach (except New Zealand) 🌿

2–4 weeks before
your average last frost date

Arugula 🌿
Beet 🌿
Bok Choy 'White Stem', 'Toy Choy' 🌿
Carrot 🌿
Catnip 🌿
Collards 🌿
Cover Crop Crimson Clover 🌿
Leek 🌿
Lettuce 🌿
Swiss Chard 🌿
Turnip 🌿
Watercress

1–2 weeks before
your average last frost date

Borage 🌿
Cabbage (Chinese) 🌿
Cauliflower 🌿
Celery
Cilantro 🌿
Dill 🌿
Kale 🌿
Marjoram
Sage
Sorrel 🌿
Tomato (Mild climates only)

1–2 weeks after
your average last frost date

Amaranth
Basil
Bean (Bush/Cowpea/Pole)
Bitter Melon
Bok Choy 'Tatsoi' 🌿
Corn
Cover Crop Common Buckwheat
Cucumber
Edamame
Fennel 🌿
Lemon Balm 🌿
Mint
Melon
Okra
Quinoa 🌿
Rosemary
Savory
Shiso
Spinach, New Zealand
Tarragon
Thyme
Watermelon

2–4 weeks after
your average last frost date

Eggplant
Oregano 🌿
Pepper (Mild climates only)
Pumpkin
Purslane
Squash (Summer/ Winter)
Tomatillo

3–4 months before
your average first fall frost

Brussels Sprouts 🌿
Celery
Parsnip
Rutabaga

1–2 months before
your average first fall frost

Cover Crop Crimson Clover,
Soil Builder, Fava Bean
Radicchio 🌿
Radish (Winter)

Late Summer - Early Fall

Artichoke (Mild climates only)
Onion (Bulb) Short-day types

🌿 Also can be sown in late summer to early fall or winter in mild climates. See packet for specific information.

Indoor Sowing Guide

VEGETABLES & HERBS





10–12 weeks before

your average last frost date

Artichoke 
Celery 
Eggplant
Onion (Bulb)
Rosemary

8–10 weeks before

your average last frost date

Dill 
Endive 
Leek 
Onion (Bunching) 
Onion (Shallot)
Pepper
Savory
Stevia

6–8 weeks before

your average last frost date

Borage 
Catnip 
Chives 
Lemon Balm 
Marjoram
Mint
Oregano 
Parsley
Tarragon
Thyme

4–6 weeks before

your average last frost date

Basil
Bitter Melon
Bok Choy 'White Stem'
Broccoli 
Cabbage 
Cauliflower
Chamomile
Collards 
Fennel 
Kale 
Kohlrabi 
Lettuce 
Okra
Radicchio 
Sage
Shiso
Sorrel 
Swiss Chard 
Tomatillo
Tomato
Watercress


2–4 weeks before

your average last frost date

Broccoli Raab 
Cress 
Cucumber
Melon
Pumpkin
Purslane
Spinach, New Zealand
Squash (Summer/ Winter)
Watermelon

1–2 weeks before

your average last frost date

Quinoa 



2–3 months before


your average first fall frost

Celery
Onion Short-day types (*south only*)

4 months before

your average first fall frost

Brussels Sprouts 
Cauliflower 

 Can also be sown in late summer to early fall or winter in mild climates. See packet for specific information.

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