

Indoor Sowing Guide

FLOWERS & ORNAMENTALS

10–12 weeks before
your average last frost date

Columbine ✨
Echinacea Purple Coneflower,
‘White Swan’ ♡
Gaillardia ‘Mesa Yellow’ ♡
Grass Little Bluestem ♡
Heliotrope
Lavender ✨ ♡
Penstemon Dazzler ♡
Petunia
Verbena ♡

8–10 weeks before
your average last frost date

Alyssum ‘Compacta’ ♡
Bee Balm
Carnation
Cottage Pinks
Dusty Miller ♡
Lobelia ✨
Ornamental Pepper
Pansy ✨ ✨
Rudbeckia ♡
Salpiglossis
Salvia ‘Blue Victoria’ ♡
Stock ✨
Sweet William
Vinca ♡
Viola ✨ ✨

6–8 weeks before
your average last frost date

African Daisy ✨ ♡
Aster
Baby’s Breath ♡
Balsam
Bells of Ireland
Black-eyed Susan Vine
Bluebells California Bluebells ✨ ♡
Butterfly Flower Common, Milkweed,
Showy ✨ ♡
Butterfly Flower Irresistible Blend ✨
Calendula ✨ ♡
Canterbury Bells ✨
Castor Bean ♡
Celosia
Chocolate Flower ♡
Cleome ♡
Coleus
Coreopsis ♡
Cup and Saucer Vine
Cypress Vine
Daisy ‘Yellow Buttons’
Delphinium
Feverfew ♡
Four O’Clock ♡
Foxglove
Gaillardia ‘Goblin’ ♡
Grass ‘Bunny Tails’ ♡
Grass Northern Sea Oats
Hollyhock ♡
Hyacinth Bean ♡
Hyssop ‘True’ ♡

Iceplant ♡
Impatiens
Larkspur
Linaria ✨
Love-Lies-Bleeding
Lupine ‘Russell Blend’ ✨
Mexican Sunflower ♡
Nicotiana
Ornamental Eggplant
Pumpkin on a Stick
Painted Daisy
Penstemon Palmer’s, Firecracker,
Rocky Mountain Blue ✨ ♡
Poppy (Iceland, Oriental) ✨ ♡
Salvia ‘Early Bonfire’ ♡
Scabiosa
Shasta Daisy
Snapdragon ✨
Sweet Annie ♡
Texas Bluebonnet ✨ ♡
Verbascum ✨ ♡

4–6 weeks before
your average last frost date

Alyssum (Sweet) ♡
Amaranth ♡
Bachelor’s Button ✨ ✨ ♡
Cardinal Climber
Chinese Lantern
Cosmos ♡
Flax ‘Scarlet’ ♡
Forget-Me-Not ✨
Hyssop ‘Lavender’ ♡
Marigold ♡

Mina Lobata
Moonflower
Morning Glory
Orlaya
Portulaca ♡
Strawflower ♡
Sweet Pea ✨
Zinnia

2–4 weeks before
your average last frost date

Gourd
Money Plant
Nasturtium ♡
Ornamental Millet ♡
Sunflower ♡

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

✨ Stratify
♡ Drought Tolerant
♡ Fairly Drought Tolerant

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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 

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