

# Indoor Sowing Guide

## VEGETABLES & HERBS


**10–12 weeks before**  
your average last frost date

Artichoke   
Celery   
Eggplant  
Onion (Bulb)  
Onion (Shallot)  
Rosemary

**8–10 weeks before**  
your average last frost date

Dill  
Endive   
Leek   
Onion (Bunching)   
Pepper  
Savory  
Stevia

**6–8 weeks before**  
your average last frost date

Amaranth  
Borage   
Cabbage   
Catnip  
Chives  
Lemon Balm  
Marjoram  
Mint  
Oregano  
Parsley  
Sage  
Tarragon  
Thyme

**4–6 weeks before**  
your average last frost date

Basil  
Broccoli   
Cabbage Napa  
Cauliflower   
Chamomile  
Collards   
Fennel   
Kale   
Kohlrabi   
Lettuce   
Okra  
Radicchio   
Shiso  
Sorrel   
Swiss Chard   
Tomatillo  
Tomato  
Watercress

**2–4 weeks before**  
your average last frost date

Bitter Melon  
Broccoli Raab   
Cress   
Cucumber  
Melon  
Pumpkin  
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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# 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 '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 🌿  
Cauliflower 🌿  
Celery  
Chinese Kale/Kailaan 🌿  
Cilantro 🌿  
Dill  
Kale 🌿  
Marjoram  
Sorrel

**1–2 weeks after**  
your average last frost date

Amaranth  
Basil  
Bean (Bush/Cowpea/Pole)  
Bitter Melon  
Bok Choy 'Tatsoi' 🌿  
Cabbage Napa 🌿  
Corn  
Cucumber  
Edamame  
Fennel 🌿  
Lemon Balm  
Mint  
Melon  
Okra  
Quinoa 🌿  
Rosemary  
Sage  
Savory  
Shiso  
Spinach, New Zealand  
Squash (Summer/Winter)  
Tarragon  
Thyme  
Tomato (Mild climates only)  
Watermelon

**2–4 weeks after**  
your average last frost date

Cover Crop Common Buckwheat  
Eggplant  
Oregano  
Pepper (Mild climates only)  
Pumpkin  
Tomatillo

**3–4 months before**  
your average first fall frost

Brussels Sprouts 🌿  
Celery  
Parsnip 🌿  
Pea 🌿  
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.