




Indoor Sowing Guide

FLOWERS & ORNAMENTALS


10–12 weeks before your average last frost date

Columbine
Echinacea
Grass Blue Grama
Heliotrope
Lavender
Petunia
Sea Holly
Verbena

8–10 weeks before your average last frost date

Bee Balm
Black-Eyed Susan
Carnation
Cottage Pinks
Dahlia
Dusty Miller
Feverfew
Lobelia
Ornamental Pepper
Pansy 
Salpiglossis
Salvia 'Blue Victory'
Snapdragon
Statice
Stock 
Sweet William
Viola 
Yarrow


6–8 weeks before your average last frost date

African Daisy
Ageratum
Aster 
Balsam
Bells of Ireland
Black-eyed Susan Vine
Bluebells California
Bluebonnet
Canterbury Bells
Castor Bean
Celosia
Chocolate Flower
Cleome
Coleus
Coreopsis
Craspedia
Cup and Saucer Vine
Cypress Vine
Delphinium
Four O'Clock
Foxglove
Gaillardia
Gomphrena
Grass 'Bunny Tails'
Hollyhock
Hyacinth Bean
Hyssop, Apache Sunset and True
Iceplant
Impatiens
Lace Flower
Larkspur

Linaria
Love-Lies-Bleeding
Lupine Russell Blend
Mexican Sunflower
Milkweed
Nicotiana
Painted Daisy
Penstemon
Phlox
Poppy, Iceland and Oriental
Portulaca
Pumpkin on a Stick
Salvia 'Early Bonfire'
Scabiosa
Shasta Daisy
Strawflower
Sweet Annie
Verbascum


4–6 weeks before your average last frost date

Alyssum
Amaranth
Ammi
Bachelor's Button
Bupleurum
Calendula
Cardinal Climber
Chinese Lantern
Cosmos
Flax 'Scarlet'
Forget-Me-Not
Grass 'Frosted Explosion'
Honeywort

Hyssop Lavender
Marigold
Mina Lobata
Moonflower
Morning Glory
Orlaya 
Sweet Pea
Zinnia

2–4 weeks before your average last frost date

Gourd
Money Plant
Nasturtium
Ornamental Millet
Sunflower


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

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Indoor Sowing Guide

VEGETABLES & HERBS

10–12 weeks before
your average last frost date

Artichoke 
Celery
Eggplant
Onion, Bulb and Shallot
Rosemary


8–10 weeks before
your average last frost date

Dill
Endive
Leek
Onion, Bunching
Pepper 
Savory
Stevia
Wild Bergamot

6–8 weeks before
your average last frost date

Amaranth
Borage
Cabbage, Head 
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
Ground Cherry
Kale
Kohlrabi
Lettuce
Okra
Potato
Shiso
Sorrel
Swiss Chard
Tomatillo
Tomato
Watercress

2–4 weeks before
your average last frost date

Bitter Melon
Broccoli Raab
Cucumber
Melon
Pumpkin
Spinach New Zealand
Squash, Summer and Winter
Watermelon



1–2 weeks before
your average last frost date


Quinoa

2–3 months before
your average first fall frost date

Cabbage, Head and Napa
Celery
Kale
Onion Short-day types
(Mild climates only)
Potato *(Mild climates only)*
Radicchio

4 months before
your average first fall frost date

Brussels Sprouts 
Cauliflower 

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

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