



# 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 ×○  
Broccoli Romanesco  
Chamomile +  
Chervil ○  
Chinese Kale ×○  
Chives ○  
Endive × (but late summer sowing for fall crop may have better success)  
Escarole (but late summer sowing 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) ×  
Kohlrabi ○  
Mache ×○  
Mustard × (and every 3 weeks for continuous harvest)  
Onion Bunching/Scallion × (and every 3 weeks for continuous harvest)  
Onion Bulbing (except Yellow Granex: start late summer or early fall)  
Parsley  
Peas × (Shelling, Snap, Snow)  
Radishes (when soil temp above 40° F, and in late summer up until first fall frost)  
Sage  
Spinach (and successive sowings every 3-4 weeks)

### 2-4 weeks

**before average last spring frost**

Arugula × (and successive sowings every 3-4 weeks)  
Beets ×○  
Carrots × (successive sowings every 3 weeks until 60 days before first fall frost)  
Catnip ○  
Collards (or late summer for fall crop)  
Cover Crop Soil Builder (As soon as soil can be worked and soil temperature is around 40° F. Also sow in fall.)  
Leeks ○ (and late spring for fall harvest)  
Lettuce × (and successive sowings every 3 weeks)  
Lettuce Mesclun  
Lovage  
Micro Greens (best grown indoors)  
**Radish Rat Tail**  
Swiss Chard ×○ (Except Ruby Red)  
(when soil temp is at least 50° F)  
Turnips × (and successive sowings every 2 weeks until midsummer)  
Watercress

### 1-2 weeks

**before average last spring frost**

Borage (Mild climates: anytime)  
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 4 - 6 weeks before average last frost, or 4 - 6 weeks before transplanting outdoors for fall crop)  
Cilantro ×  
Cress (Garden)  
Dill (every 2-3 weeks until hot weather)  
Kale ×○ (Soil temps at least 60° F) (Start **Chidori** indoors; sowing outdoors is not recommended.)  
Marjoram  
**Mitsuba** (Japanese Wild Parsley)  
Radicchio ○  
Rutabaga  
Sorrel +  
Tomatoes ★ (when soil is at least 60° F, recommended for mild winter climates only. Cold winter climates: start indoors)

- Also late summer-fall in mild winter climates for winter or spring bloom.
- × Mild winter climates - also in fall for winter harvest
- + Or fall for germination the following spring
- Up to 2 months before average first fall frost
- ★ Indoor sowing recommended

**BOLD** = Online Only variety

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## VEGETABLES & HERBS

### 1-2 weeks

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

Amaranth Edible Red Leaf (*start earlier if temps allow to get grain which takes 90-110 days*)  
 Basil  
 Beans  $\circ$  (*and successive sowings every 1-2 weeks*)  
**Bitter Melon**  
 Clary Sage  
 Corn  
 Cover Crop Buckwheat  
 Cucumbers (*when soil temps are at least 65° F*)  
 Cumin  
 Edamame (*and successive sowings every 1-2 weeks*)  
 Fennel - for bulb (*For foliage only, sow every three weeks after average last frost until midsummer*)  
 Hyssop Lavender  $\ddagger$   
 Lemon Balm  $\circ$   
 Melons  
 Muskmelons  
 Okra (*when day temps are at least 60° F and night temps are at least 55° F*)  
 Parsnip  $\times$   
 Quinoa Brightest Brilliant Rainbow (*Cold climates: when soil is at least 60° F. Mild climates: sow in late summer-early fall.*)  
 Rosemary (*zone 8 and warmer*)  
     (*Cooler climates start earlier indoors*)  
 Savory  
 Shiso  
**Spinach New Zealand** (*soil temps are at least 65° F*)  
 Swiss Chard Ruby Red  
 Thyme  
 Watermelon *Mild climates only. Cold climates: start indoors*)

### 2-4 weeks

#### after average last frost

Eggplants  $\star$  (*when night temps are at least 55° F*)  
 Oregano  $\circ$   
 Peppers  $\star$  (*when air temps are at least 70° F or soil temps are at least 65° F  
(Zones 9 & 10 can sow in midsummer.)*)  
 Pumpkins (*when soil temps are above 60° F*)  
 Purslane (*when soil temps are at least 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*)  
 Tomatillo

### 8-10 weeks

#### before first fall frost

Radish Daikon (*and 2-3 successive sowings every 10 days*)

### 10-12 weeks

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

Artichokes  $\star$  (*Mild Climates: sow in fall.  
Cold Climates: sow indoors 12 wks before average last spring frost.*)  
 Brussels Sprouts (*sow 12-14 weeks before first fall frost*)  
 Cabbage  
 Cabbage Chinese  
 Endive  
 Escarole  
 Fennel (*in hot summer climates for foliage or bulb production*)  
 Parsnip (*sow 16 weeks before first fall frost*)

Micro Greens  $\star$  (*can be sown outdoors anytime in spring, summer, or fall when temperatures are above freezing, or sown indoors year-round.*)

### **\* Indoor sowing recommended**

Artichokes (*in cold climates*)  
 Eggplants  
 Micro Greens  
 Peppers  
 Stevia  
 Tomatoes  
 Wheatgrass

- Also late summer-fall in mild winter climates for winter or spring bloom.
- $\times$  Mild winter climates - also in fall for winter harvest
- $\ddagger$  Or fall for germination the following spring
- $\circ$  Up to 2 months before average first fall frost
- $\star$  Indoor sowing recommended

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