



Indoor Spring Sowing Guide

VEGETABLES & HERBS

12 weeks before average last spring frost

Artichokes (*Mild climates: early fall*)

10-12 weeks before average last spring frost

Eggplant
Endive
Escarole
Kale Redbor
Rosemary

8-10 weeks before average last spring frost

Chamomile
Kale (except Redbor)
Leeks
Lovage
Onion Flat of Italy, Red Amposta
(Intermediate Day variety for
middle states)
Onion Ringmaster (Long Day variety for
northern states)
Onion Yellow Granex PRR (Short Day
variety for southern states)
Peppers, Chile and Sweet (*mild winter
climates, also midsummer for fall crop*)
Savory
Stevia
Thyme

6-8 weeks before average last spring frost

Basil
Catnip
Chives
Collards
Cumin
Garlic Chives
Lemon Balm
Marjoram
Oregano
Parsley
Tomatoes

4-6 weeks before average last spring frost

Arugula
Bitter Melon
Broccoli Di Cicco
Broccoli Romanesco
Brussels Sprouts
Cabbage
Cabbage Chinese ◦
Cauliflower
Celery
Cucumbers
Fennel (*only for bulb production in hot
summer climates*)
Kohlrabi
Lettuces ♦
Melons ♦
Radicchio
Sage
Shiso
Sorrel
Okra
Tomatillo
Watercress
Watermelons

2-4 weeks before average last spring frost

Broccoli Raab
Broccoli Waltham
Cress (Garden)
Fennel
Kale, Chinese
Pumpkins ♦
Purslane
Radish Rat Tail
Sage
Spinach New Zealand
Squash – all Summer varieties
Squash – all Winter varieties

1-2 weeks after average last spring frost

Quinoa

**The following varieties do
not transplant well.
RECOMMENDED to start
outdoors directly in the ground:**

Amaranth Edible Red Leaf
Beans
Beets
Bok Choy
Borage
Carrots
Chervil
Cilantro
Clary Sage
Corn
Cover Crops
Dill
Edamame
Fennel
Fenugreek (for plants)
Lettuce Mesclun

Mache
Mitsuba (Japanese Wild Parsley)
Mustards
Onions Bunching/Scallion
Parsnip
Peas
Radishes (root types)
Rutabaga
Spinach
Swiss Chard
Turnips

**The following varieties can
be grown indoors in a sunny
window at any time of year**

Cat Grass
Cress
Fenugreek (for sprouts)
Lettuce Mesclun
Micro Greens
Sprouts – Alfalfa, Broccoli, Fenugreek, Mung
Bean, Radish
Wheatgrass

- Also late summer-fall in mild winter
climates for winter or spring bloom
- Up to 2 months before average first fall
frost
- ♦ Recommended to start outdoors directly
in ground when possible. Transplant
carefully if starting indoors.

BOLD = Online Only variety