



Outdoor Spring Sowing Guide

VEGETABLES & HERBS

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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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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)
Basils
Beans [○] (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 [✦]
Lemon Balm [○]
Melons
Muskmelons
Okra (when day temps are at least 60° F and night temps are at least 55° F)
Parsnip [×]
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 [★] (when night temps are at least 55° F)
Oregano [○]
Peppers [★] (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 [★] (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 [★] (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.
- × 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

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