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| Indoor Sowing Guide RainbowBased on Table obtained from Botanical Interests Seeds (www.botanicalinterests.com) Jan 2011 | | | | | |
| **Last Frost Date for Zone 7b: April 24** | | | | | |
| **12-16 weeks (13-Feb)** | **8 weeks (13 Mar)** | | **4-6 weeks (3 Apr - 27 Mar)** | | **The following varieties do** |
| **before average last spring frost** | **before average last spring frost** | | **before average last spring frost** | | **not transplant well.** |
| Celery | Parsley | | Arugula | | **RECOMMENDED to start** |
| Thyme | | Bitter Melon | | **outdoors directly in the ground:** | |
| **12 weeks (13 Feb)** | | Broccoli | | Amaranth Edible Red Leaf | |
| **before average last spring frost** | **6-8 weeks (27 Mar - 13 Mar)** | | Broccoli Raab | | Beans |
| Artichokes | **before average last spring frost** | | Brussels Sprouts | | Beets |
| Anise | | Cabbage | | Bok Choy | |
| **10-12 weeks (27 Feb -13 Feb)** | Basil | | Cabbage Chinese | | Borage |
| **before average last spring frost** | Clary Sage | | Cucumbers | | Carrots |
| Endive | Feverfew | | Mache | | Chervil |
| Escarole | Garlic Chives | | Melons | | Cilantro |
| Marjoram | | Mustard | | Corn | |
| **8-12 weeks (13 Mar - 13 Feb)** | Oregano | | Okra | | Dill |
| **before average last spring frost** | Savory | | Tomatillo | | Edamame |
| Eggplant | Tomatoes | | Watermelons | | Fenugreek (for plants) |
| Onions Bunching/Scallion Italian Red of | | | Lettuce Mesclun Blends | | |
| Florence | **6 weeks (27 Mar)** | | **4 weeks (3 Apr)** | | Mitsuba (Japanese Wild Parsley) |
| Onion Flat of Italy (Intermediate Day | **before average last spring frost** | | **before average last spring frost** | | Onions Bunching/Scallion (Evergreen, |
| variety for middle states) | Catnip | | Fennel | | Tokyo Long White, White Lisbon) |
| Onion Ringmaster (Long Day variety for | Chives | | Sage | | Parsnip |
| northern states) | Collards | | Shiso | | Peas |
| Onion Yellow Granex PRR (Short Day | Echinacea | | Sorrel | | Radishes |
| variety for southern states) | | Kale, Chinese | | Spinach | |
| Kohlrabi | | **3-4 weeks (10 Apr - 3 Apr)** | | Swiss Chard | |
| **10 weeks (27 Feb)** | Lemon Balm | | **before average last spring frost** | | Turnips |
| **before average last spring frost** | Lettuce | | Cress (Garden) | | The following varieties can |
| Kale | Mint | | Pumpkins | | be grown indoors in a sunny |
| Radicchio | | Radish Rat Tail | | window at any time of year | |
| **8-10 weeks (13 Mar - 27 Feb)** | Watercress | | Spinach New Zealand | | Cat Grass |
| **before average last spring frost** | | Squash – all Summer varieties | | Fenugreek (for sprouts) | |
| Chamomile | | Squash – all Winter varieties | | Micro Greens | |
| Lavender (English Tall, Hidcote Dwarf) | | | Sprouts – Afalfa, Broccoli, Mung Bean | | |
| Leeks | | **1-2 weeks (24 Apr - 17 Apr)** | | Wheatgrass | |
| Lovage | | | **before average last spring frost** | | |
| Peppers | | | Quinoa Brightest Brilliant | | |
| Rosemary | | | | | |
| Based on Table obtained from Botanical Interests Seeds (www.botanicalinterests.com) Jan 2011 | | | | | |