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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 |
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