

Indoor Seed Starting Guide

VEGETABLES

SEED	WEEKS TO START BEFORE LAST FROST DATE	AVG. TIME TO GERMINATION	PLANTING DEPTH
 Broccoli	6-8 weeks	5-10 days	1/4 inch
 Cabbage	6-8 weeks	7-14 days	1/4 inch
 Cauliflower	6-8 weeks	7-14 days	1/4 inch
 Celery	8-12 weeks	10-21 days	Press into the soil
 Cucumber	2-4 weeks	4-8 days	1/2 inch
 Eggplant	8-10 weeks	7-14 days	1/4 inch
 Kale	4-6 weeks	5-10 days	1/4 inch
 Kohlrabi	4-6 weeks	6-12 days	1/4 inch
 Lettuce	2-4 weeks	5-10 days	Press into the soil
 Melons	2-4 weeks	4-10 days	1/2 inch
 Onions	10-12 weeks	7-14 days	1/4 inch
 Peppers	8-10 weeks	8-12 days	1/4 inch
 Spinach	4-6 weeks	5-10 days	1/2 inch
 Squash	2-4 weeks	5-10 days	1/2 inch
 Swiss Chard	4-6 weeks	5-10 days	1/4 inch
 Tomatoes	6-8 weeks	6-10 days	1/4 inch

(Some of these can also be direct sown depending on your climate)

Indoor Seed Starting Guide

HERBS

SEED	WEEKS TO START BEFORE LAST FROST DATE	AVG. TIME TO GERMINATION	PLANTING DEPTH
 Basil	4-6 weeks	5-10 days	Press into the soil
 Chamomile	4-6 weeks	7-14 days	Surface sow
 Chives	6-8 weeks	8-12 days	Press into the soil
 Cilantro	6-8 weeks	7-14 days	1/4 inch
 Dill	2-4 weeks	7-14 days	1/4 inch
 Lavender	8-10 weeks	14-21 days	Press into the soil
 Mint	6-8 weeks	12-16 days	Surface sow
 Oregano	6-8 weeks	7-14 days	Press into the soil
 Parsley	6-8 weeks	14-21 days	Press into the soil
 Rosemary	8-10 weeks	14-21 days	Press into the soil
 Sage	8-10 weeks	14-21 days	Press into the soil
 Thyme	6-8 weeks	14-21 days	Press into the soil

(Some of these can also be direct sown depending on your climate)

Indoor Seed Starting Guide

FLOWERS

SEED	WEEKS TO START BEFORE LAST FROST DATE	AVG. TIME TO GERMINATION	PLANTING DEPTH
 Aster	6-8 weeks	10-15 days	Press into the soil
 Bachelor's Button	4-6 weeks	7-14 days	Press into the soil
 Calendula	4-6 weeks	7-14 days	1/4 inch
 Coleus	8-10 weeks	10-15 days	Surface sow
 Cosmos	4-6 weeks	7-10 days	Press into the soil
 Impatiens	6-8 weeks	10-20 days	Surface sow
 Lupine	6-8 weeks	14-25 days	Press into the soil
 Marigold	6-8 weeks	4-8 days	1/4 inch
 Nasturtium	2-4 weeks	7-14 days	1/2 inch
 Poppies	2-4 weeks	10-15 days	Press into the soil
 Rudbeckia	6-8 weeks	7-14 days	1/4 inch
 Snapdragons	8-10 weeks	10-21 days	Press into the soil
 Strawflower	6-8 weeks	14-21 day	Press into the soil
 Sunflower	2-4 weeks	7-14 days	1 inch
 Zinnia	4-6 weeks	4-7 days	1 inch

(Some of these can also be direct sown depending on your climate)

Start
10-12 weeks
before last frost date

Celery

Onions

Start
8-10 weeks
before last frost date

Celery

Coleus

Eggplant

Lavender

Peppers

Rosemary

Sage

Snapdragon

Tomatoes

Start
6-8 weeks
before last frost date

Aster

Marigold

Broccoli

Mint

Cabbage

Oregano

Cauliflower

Parsley

Chives

Rudbeckia

Cilantro

Strawflower

Impatiens

Thyme

Lupine

Tomatoes

Start
4-6 weeks
before last frost date

Kohlrabi

Lettuce

Melons

Spinach

Swiss Chard

Zinnias

Start
2-4 weeks
before last frost date

Cucumber

Dill

Lettuce

Melons

Nasturtium

Poppies

Squash

Sunflower