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START YOUR SPRING SEEDS

Unsure of when to start your plants inside? For even the most advanced gardener, knowing when your plants need to be started inside can be a bit of a headache. Though individual weather patterns may change your growing season a bit, there are still some guidelines to know when putting together the plan for this year's garden.

The first thing to do is find out your **Hardiness Zone** to help you identify when the growing season starts in your region! Just go to garden.org/nga/zipzone to find your hardiness zone.

After you know your hardiness zone, you can find the approximate date for the last frost in your growing zone. **We've included a helpful guide to help you track your seed-starting dates, and get your garden off to a great start!** Once you have your calendar established, come swing by [Your Company Name] and pick up your favorite seed starting media, like **Purple Cow Organics Seed Starter Mix!**

We'd love to see your progress, so like us on Facebook and Instagram and share your progress! Tag us on Instagram with **@[Your Instagram Handle]** and **@purplecoworganics**

Want more information on our products, or where to buy?
Check out our website:

[Your Website Link Here]

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Check out their website:

www.purplecoworganics.com



SEED STARTING GUIDE

HOW TO PLAN:

1. Write your frost-free date in the blank space at the top of this chart
2. Get a calendar and add or subtract the number of weeks in the "Safe to Set Out Time" Column. This is the "Setting Out Date".
3. Take each date from your "Setting Out Date" and subtract the number of "Weeks from Sowing." Record that date for "When to Start Inside."

THE SPRING FROST DATE IN MY GARDEN IS: _____

CROP	WHEN TO START INSIDE	WEEKS FROM SOWING	SAFE TO SET OUT TIME (RELATIVE TO FROST FREE DATE)	SETTING OUT DATE
Basil		6	1 week after	
Beets*		4-6	2 weeks before	
Broccoli		4-6	2 weeks before	
Cabbage		4-6	4 weeks before	
Cauliflower		4-6	2 weeks before	
Collards		4-6	4 weeks before	
Corn		2-4	0-2 weeks after	
Cucumber		3-4	1-2 weeks after	
Eggplant		8-10	2-3 weeks after	
Kale		4-6	4 weeks before	
Kohlrabi*		4-6	4 weeks before	
Lettuce		4-5	3-4 weeks before	
Melons		3-4	2 weeks after	
Mustard*		4-6	4 weeks before	
Okra*		4-6	2-4 weeks after	
Onions		6-8	4 weeks before	
Parsley		9-10	2-3 weeks before	
Peas*		3-4	6-8 weeks before	
Peppers		6-14	2 weeks after	
Pumpkins		3-4	2 weeks after	
Spinach		4-6	3-6 weeks before	
Squash		3-4	2 weeks after	

* These crops are usually direct-seeded outdoors, but they can be started inside