



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