



**Nature and
Nurture Seeds**

Vegetable Seed Propagation Chart Start Seeds Inside or Direct Sow Outside?

Direct sow = Sow seeds directly outside into garden soil.

Start Inside = Sow seeds into containers & grow inside, then transplant seedlings outside into garden soil.

We recommend Vermont Compost's Fort Light seed starting mix.

Vegetable	Direct Sow	Start Inside	Comments
Artichoke	no	yes	
Basil	no	yes	
Beans	yes	no	
Beet	yes	yes	
Broccoli	yes	yes	
Brussels sprouts	no*	yes	*Can be direct sown in climates warmer than zone 6
Cabbage	yes	yes	
Carrot	yes	no	
Cauliflower	yes	yes	Cauliflower grows best in cool weather, fall is best
Collards	yes	yes	
Corn	yes	no*	*you can start corn inside but it is normally direct sown
Cucumber	yes	yes*	*use biodegradable pots and plant pot directly in soil
Eggplant	no*	yes	*Can be direct sown in climates warmer than zone 6
Kale	yes	yes	
Kohlrabi	yes	yes	
Lettuce	yes	yes	Baby lettuce is direct sown
Melons	yes	yes*	*use biodegradable pots and plant pot directly in soil
Onions	no	yes	Start very early inside (January)
Parsley	no	yes	
Peas	yes	no	
Peppers	no	yes*	*Can be direct sown in climates warmer than zone 6
Radish	yes	no	
Spinach	yes	yes	Spinach is usually direct sown
Squash	yes	yes*	*use biodegradable pots and plant pot directly in soil
Tomato	no*	yes	Can be direct sown but will produce tomatoes very late
Watermelon	yes	yes*	*use biodegradable pots and plant pot directly in soil