



Free Sow & Grow Seed FLOWER Planting guide provided by the team at D&H Seed Harvest Co.

The information contained our guides is general in nature and intended as a basic guide only, it is not specific to varieties, climates, or conditions.

This guide is intended for four Australian regions Cool/Temperate – Arid/Moderate – Subtropical/Warm – Tropical.

Every effort has been taken to ensure the information contained in our guides is as accurate as possible.

If you notice an edit that can be made or would like a product added to the guide please email us at info@dhseedharvestco.com

D&H Seed Harvest Co is an Australian Owned & Operated business specialising in locally sourced non GMO heirloom seed varieties.



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Sow & Grow FLOWER Seed Planting Guide

Your region & ideal time to sow each variety					Seed Sowing Depth (mm)	Plant Spacing (cm)	Frost Tolerant/ Frost Sensitive	Sow Seeds Direct / Raise Seedlings & Plant	Estimate d Seed Germination Time	Estimated Time Until Flowering	NOTES
Variety	Cool/ Temperate	Moderate/ Arid	Subtropical/ Warm	Tropical							
Alyssum	September – April	August – May	February – July	March – July	3 mm	8-15 cm apart	Frost Hardy	Sow Seeds Direct or Raise Seedlings & Plant	5-21 days	55-65 days	
Amaranth	September – November	August – March	August – April	March – August	15 mm	30-40 cm apart	Frost Hardy	Sow Seeds Direct	5-21 days	100 days	
Aquilegia	February – April September – October	February – May	March – June	February – May	3 mm	30-40 cm apart	Frost Hardy	Raise Seedlings & Plant	14-28 days	190-225 days	
Aster	September – December	August – December	July – January	July – January	5 mm	20-30 cm apart	Frost Hardy	Raise Seedlings & Plant	14-28 days	100-110 days	
Brachycome	September – December	August – December	May – July	May – August	3 mm	15-20 cm apart	Frost Hardy	Sow Seeds Direct or Raise Seedlings & Plant	10-20 days	110-130 days	
Calendula	February – April September – November	February – May	March – June	March – May August - October	10-15 mm	30 cm apart	Frost Hardy	Sow Seeds Direct or Raise Seedlings & Plant	14-21 days	70-85 days	
Californian Poppy	February – April	August – December	June – November	June – November	3 mm	20-25 cm apart	Frost Hardy	Sow Seeds Direct or Raise Seedlings & Plant	14-21 days	50-70 days	
Candytuff	February – April September – November	February – June	March – July	March – July	5 mm	20-25 cm apart	Frost Hardy	Sow Seeds Direct or Raise Seedlings & Plant	14-21 days	80-100 days	
Canterbury Bells	February – April	February – June	March – July	March – July	3 mm	30 cm apart	Frost Hardy	Raise Seedlings & Plant	7-28 days	140-160 days	
Carnation	February – May August – October	March – May August – October	April – October	April – October	6 mm	30-40 cm apart	Frost Hardy	Raise Seedlings & Plant	10-21 days	200 days	

Cosmos	September – December	August – December	July – October	July – October	10-15 mm	50 cm apart	Frost Hardy	Sow Seeds Direct or Raise Seedlings & Plant	10-20 days	85-100 days	
Dahlia	September – December	September – December	June – October	June – September	10-15 mm	50-100 cm apart	Sensitive to Frost	Raise Seedlings & Plant	7-21 days	115-130 days	
Dianthus	February – April September – November	February – November	February – October	March – October	3 mm	20 cm apart	Frost Hardy	Sow Seeds Direct	10-20 days	135-145 days	
Forget Me Not	December – April	January – May	March – May	March – May	3 mm	30 cm apart	Frost Hardy	Sow Seeds Direct	7-14 days	80-90 days	
Four O'Clock	September – November	September – December	February – September	March – September	10-15 mm	50-70 cm apart	Sensitive to Frost	Sow Seeds Direct or Raise Seedlings & Plant	14-28 days		
Foxglove	February – April	February – May	March – May	March – May	3 mm	30-40 cm apart	Frost Hardy	Sow Seeds Direct	14-35 days	120-130 days	
Godetia	February – April	February – June	March – June	March – July	5 mm	30 cm apart	Frost Hardy	Sow Seeds Direct or Raise Seedlings & Plant	14-28 days	80-100 days	
Gypsophila	August – May	February – November	March – June	March – July	5 mm	20-30 cm apart	Frost Hardy	Sow Seeds Direct	10-20 days	70-80 days	
Hollyhock	January – April	February – May	March – July	March – July	8 mm	30-50 cm apart	Frost Hardy	Raise Seedlings & Plant	6-20 days	200-220 days	
Honesty	February – April September – November	February – May August – October	March – September	March – September	6 mm	30-50 cm apart	Frost Hardy	Raise Seedlings & Plant	21-35 days	80-100 days	
Impatiens	February – April September – October	February – May August – October	ALL YEAR	ALL YEAR	5 mm	30-40 cm apart	Sensitive to Frost	Raise Seedlings & Plant	14-21 days	80-100 days	
Lakspur	February – April	February – June	April – June	April- June	3 mm	30-40 cm apart	Frost Hardy	Sow Seeds Direct	10-21 days	140 days	

Lavender	September – November	September – November	September – November	September – November	3 mm	50-70 cm apart	Frost Hardy	Raise Seedlings & Plant	17-27 days	365 days	
Linaria	February – April September – November	January – May	February – June	February – June	3 mm	10-20 cm apart	Frost Hardy	Sow Seeds Direct	14-28 days	70 days	
Livingston Daisy	February – April September – October	February – May	February – May	February – May	3 mm	15 cm apart	Frost Hardy	Sow Seeds Direct or Raise Seedlings & Plant	14-28 days	140 days	
Lobelia	February – April September – October	February – May	February – May	February – May	1 mm	15 cm apart	Frost Hardy	Raise Seedlings & Plant	10-28 days	100-120 days	
Marigold	September – December	July – December	July – February	July – February	8-12 mm	20-40 cm apart	Sensitive to Frost	Sow Seeds Direct or Raise Seedlings & Plant	14-28 days	80-90 days	
Nasturtium	September – December	August – February	February – September	February – September	10-15 mm	20-40 cm apart	Sensitive to Frost	Sow Seeds Direct	14-21 days	70-80 days	
Nigella	February – April September – October	February – May	February – June	February – June	3 mm	20-30 cm apart	Frost Hardy	Sow Seeds Direct or Raise Seedlings & Plant	7-20 days	100 days	
Pansy	January – April September – October	January – May	February – May	February – May	6 mm	25 cm apart	Frost Hardy	Raise Seedlings & Plant	10-20 days	110-120 days	
Petunia	September – December	August – December	May – September	March – September	3 mm	25-40 cm apart	Frost Hardy	Raise Seedlings & Plant	7-14 days	80-90 days	
Phlox	September – December	August – December	May – September	March – September	3 mm	10-15 cm apart	Frost Hardy	Sow Seeds Direct or Raise -Seedlings & Plant	10-20 days	70 days	
Poppy	February – April	February – March	February – March	February – March	3 mm	20-30 cm apart	Frost Hardy	Raise Seedlings & Plant	14-29 days	140-150 days	
Snapdragon	February – April September – December	February – May	February – September	February – September	3 mm	30-40 cm apart	Frost Hardy	Raise Seedlings & Plant	14-28 days	110-120 days	

Statice	February – April September – December	February – September	March – July	March – July	3 mm	40 cm apart	Frost Hardy	Sow Seeds Direct	14-28 days	140 days	
Stock	January – April	January – May	February – June	February – June	3 mm	20-40 cm apart	Frost Hardy	Sow Seeds Direct or Raise Seedlings & Plant	10-20 days	140 days	
Stock, Viginnia	February – April September – November	February – May	February – April	February – April	6 mm	20 cm apart	Frost Hardy	Raise Seedlings & Plant	10-21 days	100-120 days	
Sunflower	September – December	August – December	August – May	ALL YEAR	8-12 mm	20-60 cm apart	Frost Hardy	Sow Seeds Direct or Raise Seedlings & Plant	6-21 days	80-100 days	
Sweetpea	January – April September – October	January – may	March – May	February – May	10-20 mm	5-12 cm apart	Frost Hardy	Sow Seeds Direct	7-21 days	100 days	
Verbena	September – January	August – February	February – September	February – September	6 mm	25-30 cm apart	Frost Hardy	Sow Seeds Direct or Raise Seedlings & Plant	10-20 days	70 days	
Viola	January – March & September	January – May	February – May	February – May	6 mm	20 cm apart	Frost Hardy	Raise Seedlings & Plant	10-21 days	110-130 days	
Wallflower	January – April	January – May	February – May	February – May	6 mm	20-30 cm apart	Frost Hardy	Raise Seedlings & Plant	14-21 days	180 days	
Zinnia	September – December	August – December	July – February	ALL YEAR	6 mm	20-40 cm apart	Frost Hardy	Sow Seeds Direct or Raise Seedlings & Plant	6-21 days	100 days	