

Flower Garden Growing Guide

Common English Name	<u>Life Cycle</u>	<u>Botanical Name</u>	<u>Stratification</u>	Start Indoors How soon to plant before transplanting?	When To Tranplant Outside	When To Direct Seed	Seeding Depth	Plant Spacing	Special Considerations
Agrimony	Perennial	Agrimonia eupatoria	✓ 4 - 6 weeks cold & moist in fridge.	4 - 6 weeks	After last frost.	×	1/4"	12"	Self-seeds agrressively.
Alyssum	Annual	Lobularia maritima	×	4 - 6 weeks	After last frost.	×	Surface sow & tamp down.	6 - 8"	Seeds require light to germinate.
Amaranth	Annual	Amarathus caudatus	×	4 - 6 weeks	After last frost.	After last frost	Barely cover & tamp down.	12 - 24"	
Angelica	Perennial	Angelica archangelica	√3 weeks in fridge	4 - 6 weeks	In Spring, after last frost.	Ideally direct sow in Fall. This eliminates need for time in fridge.	Barely cover & tamp down.	24 - 36"	Keep seeds in fridge until planting. Seeds require light & fluctuating temps to germinate. *Some people experience skin irritation.*
Anise Hyssop	Perennial	Agastache foeniculum	×	8 - 10 weeks	After last frost.	×	Barely cover & tamp down.	6 - 12"	
Artemisia - Sweet Annie	Annual	Artemisia annua	×	5 - 6 week	After last frost.	After last frost	Barely cover & tamp down.	12 - 24"	Seeds require light to germinate.
Artemisia - Wormwood	Perennial	Artemisia absinthium	×	6 - 8 week	After last frost.	After last frost or in Fall. This eliminates need for time in fridge.	Barely cover & tamp down.	24 - 36"	Seeds require light to germinate.
Artichoke	Biennial	Cynara cardunculus	×	10 -12 Weeks	After last frost.	×	1/4"	24 - 36"	Requires vernalization (simulated Winter) to form flowerhead in most of Canada.
Aster	Annual	Callistephus chinensis	×	8 - 10 weeks	After last frost.	After last frost.	1/8"	12"	
Aster - Common / New England	Perennial	Symphyotrichum novae-angliae	✓ 45 days cold & moist in fridge.	5 - 8 weeks	After last frost.	Direct sow in early Fall. This eliminates need for time in fridge.	1/8"	12"	Spreads readily.
Baby's Breath	Annual	Gypsophila elegans	×	6 - 8 weeks	After last frost.	After last frost.	Barely cover & tamp down.	Likes to be crowded.	Seeds require light to germinate.
Bachelor's Buttons	Annual	Centaurea cyanus	×	2 - 3 weeks	After last frost.	Early Spring.	1/4"	6 - 9"	
Beauty Bush	Perennial	Kolkwitzia amabilis	✓ 120 days cold & moist in fridge.	8 - 10 weeks	After last frost.	Ideally direct sow in Fall. This eliminates need for time in fridge.	1/4"	6 - 10 '	Soak seeds 24 hours before stratifying.
Bee's Friend	Annual	Phacelia tanacetifolia	×	×	×	After last frost.	1/4"	6"	Requires darkness to germinate. *Some people experience skin irritation.*
Bells Of Ireland	Annual	Moluccella laevis	✓ 1 - 2 weeks cold & moist in fridge.	6 - 8 weeks	After last frost.	Direct sow in early Spring.	Barely cover & tamp down.	12"	Seeds require light to germinate.
Bergamot - Lemon Mint	Perennial	Monarda citriodora	×	6 - 8 weeks	After last frost.	Early Spring.	Barely cover & tamp down.	24 - 36"	Seeds require light to germinate.
Bergamot - Wild Bee Balm	Perennial	Monarda fistulosa	×	6 - 8 weeks	After last frost.	Early Spring.	Barely cover & tamp down.	12 - 24"	Seeds require light to germinate.
Blackberry Lily	Perennial	Belamcanda chinensis	✓ 30 days cold & moist in fridge.	8 weeks	After last frost.	Ideally direct seed in early Fall. This eliminates need for time in fridge.	1/4"	12"	Soak seeds 24 hours before stratifying.
Bluebells - California	Annual	Phacelia campanlaria	×	×	×	After last frost.	1/4"	6"	

Borage	Annual	Borago officinalia	×	×	×	Mid-late Spring.	1/2"	12"	
Butterfly Bush	Perennial	Buddleja davidii	✓ 30 days cold & moist	8 - 10 weeks	After last frost.	Early Spring.	Barely cover & tamp	60"	Seeds require light to germinate.
-		-	in fridge.	×	×		down.	6"	Seeds require light to germinate.
Calendula	Annual	Calendul officinalis				Early Spring.	Surface sow & tamp		
Carnation / Dianthus	Annual	Dianthus caryophyllus	×	6 - 8 weeks	After last frost.	×	down.	6"	
Catmint	Perennial	Nepeta mussinii	×	6 - 8 weeks	After last frost.	After last frost.	1/4" Surface sow & tamp	12 - 24"	
Catnip	Perennial	Nepeta cataria	×	6 - 8 weeks	After last frost.	After last frost.	down.	12 - 24"	
Celosia	Annual	Celosia argentea spicata	×	6 - 8 weeks	2 weeks after last frost.	After last frost.	Barely cover & tamp down.	8 - 12"	Prefers direct sowing. Seeds require light to germinate.
Chamomile - German	Annual	Matricaria chomomilla	×	4 - 6 weeks	After last frost.	Early Spring.	Barely cover & tamp down.	8"	Seeds require light to germinate.
Chamomile - Polish	Annual	Matricaria recutita	×	4 - 6 weeks	After last frost.	Early Spring.	Barely cover & tamp down.	6 - 9"	Seeds require light to germinate.
Chamomile - Roman	Perennial	Chamaemelum nobile	×	4 - 6 weeks	Mid-Late Spring	Early Spring.	Barely cover & tamp down.	8 - 12"	Seeds require light to germinate.
Chicory	Biennial	Cichorium intybus	×	×	×	After last frost.	1/4"	8 - 12"	
Cleome - Spider Flower	Annual	Cleome hassleriana	✓ 2 weeks cold & moist in fridge.	×	×	After last frost.	1/4"	24"	
Clover - Crimson	Perennial	Trifolium incarnatum	×	×	×	After last frost.	1/4"	Likes to be crowded.	
Columbine	Perennial	Aquilegia vulgaris	✓ Packet in fridge 1 week in fridge.	8 - 10 weeks	After last frost.	After last frost.	Barely cover & tamp down.	10 - 16"	Seeds require light to germinate.
Cone Flower - Purple	Perennial	Echinacea purpurea	✓ 30 cold & moist in fridge.	8 - 10 weeks	Late Spring	Late Spring or Fall	1/8"	18 - 24"	Allow minimum 3 years for root development before harvesting for medicine.
Cone Flower - Narrowleaf	Perennial	Echinacea angustifolia	✓ 90 days cold & moist in fridge.	8 - 10 weeks	Late Spring	Ideally direct sow in Fall. This eliminates need for time in fridge.	1/8"	18 - 24"	Allow minimum 3 years for root development before harvesting for medicine.
Coreopsis - Dyers'	Annual	Coreopsis tinctoria	×	3 - 5 weeks	After last frost.	After last frost.	Barely cover & tamp down.	6"	
Cosmos	Annual	Cosmos bipinnatus	×	5 -7 weeks	After last frost.	After last frost.	Barely cover & tamp down.	12"	
Cosmos - Kenikir	Annual	Cosmos sulphureus	×	×	×	After last frost.	Barely cover & tamp down.	8 - 10"	
Crane's Bill	Perennial	Geranium pratense	×	8 - 10 weeks	After last frost.	×	Surface sow & tamp down.	24"	Seeds require light to germinate.
Cup & Saucer Vine	Annual	Cobaea scandens	×	×	×	After last frost.	Barely cover & tamp down.	24"	Gently scarify seeds with sand paper. Vines will need support.
Delphinium	Perennial	Delphinium belladonna	×	8 - 10 weeks	After last frost.	×	1/8"	18 - 24"	All parts of this plant are toxic.
False Indigo	Perennial	Amorpha fruticosa	✓ 60 days cold & moist in fridge.	×	×	After last frost.	1/4"	24 - 36"	Gently scarify seeds with sand paper. Submerge seeds in hot water then soak for 24 hours before planting.
Feverfew	Perennial	Tanacetum parthenium	✓ Packet in fridge 2 weeks.	4 - 6 weeks	After last frost.	Early Spring.	Barely cover & tamp down.	8 - 12"	
Forget-Me-Not - Chinese	Annual	Cynoglossum amabile	×	3 - 4 weeks	After last frost.	Early Spring.	1/4"	9"	Seeds require darkness to germinate.
Foxglove - Apricot	Biennial	Digitalis lanata	×	10 - 12 weeks	After last frost.	×	Surface sow & tamp down.	12"	All parts of this plant are toxic. Seeds require light to germinate.
Foxglove - Purple	Perennial	Digitalis purpurea	×	10 - 12 weeks	After last frost.	×	Surface sow & tamp down.	12"	All parts of this plant are toxic. Seeds require light to germinate.
Great Mullein	Biennial	Verbascum thapsus	✓ Packet in fridge 6 weeks.	6 - 8 weeks	After last frost.	Early Spring.	Surface sow & tamp down.	12 - 24"	Seeds require light to germinate.
Hibiscus - Rosemallow	Perennial	Hibiscus moscheutos	✓ 60 days cold & moist in fridge.	8 - 10 weeks	After last frost.	After last frost.	Barely cover & tamp down.	24 - 36"	Soak seeds 24 hours before stratifying.

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Hibiscus - Rose Of Sharon	Perennial	Hibiscus syriacus	√ 60 days cold & moist in fridge.	8 - 10 weeks	After last frost.	After last frost.	Barely cover & tamp down.	24 - 36"	Soak seeds 24 hours before stratifying.
Hollyhock - Greek	Biennial	Alcea rugosa	×	6 - 8 weeks	After last frost.	After last frost.	Barely cover & tamp down.	6"	Seeds require light to germinate. *Some people experience skin irritation.*
Hummingbird Vine	Perennial	Campsis radicans	✓ 60 days cold & moist in fridge.	8 - 10 weeks	After last frost.	Early Spring.	Barely cover & tamp down.	36"	Soak seeds 24 hours before stratifying. Perennial vine that requires permanent support.
Hydrangea - Climbing	Perennial	Hydrangea anomala petiolaris	×	8 - 10 weeks	After last frost.	×	Surface sow & tamp down.	48 - 60"	Seeds require light to germinate.
Hyssop	Perennial	Hyssopus offinicinalis	×	8 weeks	After last frost.	Mid-late Spring.	1/4"	6 - 12"	
Kelwayi	Perennial	Anthemis tinctoria	×	6 - 8 weeks	After last frost.	After last frost.	Surface sow & tamp down.	18"	
Laceflower	Perennial	Ammi majus	×	×	×	After last frost.	Barely cover & tamp down.	3 - 12"	Seeds require light to germinate. Toxic to cats, dogs & horses.
Laceflower - Didiscus	Annual	Trachymene coerulea	×	4 - 6 weeks	After last frost.	After last frost.	1/2"	6 - 12"	
Laceflower - White Finch	Annual	Orlaya grandiflora	✓ Packet in fridge 2 weeks.	4 - 6 weeks	After last frost.	After last frost.	Barely cover & tamp down.	10"	
Lamb's Ear	Perennial	Stachys byzantina linata	×	8 - 10 weeks	After last frost.	×	Surface sow & tamp down.	6"	
Larkspur	Annual	Consolida ajaca	✓ Packet in fridge 7 days.	5 -7 weeks	After last frost.	Early Spring.	1/4"	12"	Seeds require darkness to germinate. No heat mats! All parts of this plant are toxic.
Lavender - French	Perennial	Lavandula stoechas	✓ 6 weeks cold & moist in fridge.	8 - 10 weeks	After last frost.	×	Surface sow & tamp down.	12 - 18""	Gently scarify seeds with sand paper. Seeds require light to germinate. Heat mats can be helpful.
Lavender - Munstead & Vera	Perennial	Lavandula angustifolia	✓ 6 weeks cold & moist in fridge.	8 - 10 weeks	After last frost.	×	Surface sow & tamp down.	12 - 18"	Gently scarify seeds with sand paper. Seeds require light to germinate. Heat mats can be helpful.
Lavender - Spike	Perennial	Lavandula latifolia	✓ 6 weeks cold & moist in fridge.	10 - 12 weeks	After last frost.	×	Surface sow & tamp down.	12 - 18"	Gently scarify seeds with sand paper. Seeds require light to germinate.
Lemon Balm	Perennial	Melissa officinalis	×	6 - 8 weeks	After last frost.	×	Surface sow & tamp down.	12"	Seeds require light to germinate.
Lilac - Japanese	Perennial	Syringa reticulata	✓ 90 days cold & moist in fridge.	8 - 10 weeks	After last frost.	×	1/4"	36 - 48"	Soak seeds 24hrs before stratifying.
Lilac - Villous	Perennial	Syringa villosa	✓ 90 days cold & moist in fridge.	8 - 10 weeks	After last frost.	×	1/8"	36 - 48"	Soak seeds 24hrs before stratifying.
Lupin	Perennial	Lupinus perennis	×	×	×	Early Spring.	1/4" Broad sow.	N/A	Soak seeds 24hrs before planting.
Marigold - Crackerjack	Annual	Tagetes erecta	×	4 - 6 weeks	After last frost.	2 weeks after last frost.	1/4"	12 - 18"	Very hot weather stunts blooming.
Marigold - French	Annual	Tagetes patula	×	4 - 6 weeks	After last frost.	2 weeks after last frost.	1/8"	8 - 18"	Very hot weather stunts blooming.
Marigold - Gem	Annual	Tagetes tenuifolia	×	4 - 6 weeks	After last frost.	2 weeks after last frost.	1/8"	6-8"	Very hot weather stunts blooming.
Marigold - Mexican	Annual	Tagetes minuta	×	4 - 6 weeks	After last frost.	2 weeks after last frost.	Barely cover & tamp down.	12"	Can grow to 10' & may require protection from wind.
Mallow - Common	Perennial	Malva sylvestris	✓ Packet in fridge 4 - 6 weeks.	8 - 12 weeks	After last frost.	Early Spring	1/4"	12 - 24"	
Mallow - Marshmallow	Perennial	Althaea officinalis	✓ Packet in fridge 4 - 6 weeks.	10 - 12 weeks	After last frost.	Early Spring	1/4"	12 - 24"	
Mexican Sunflower	Annual	Tithonia rotundifolia	×	6 - 8 weeks	After last frost.	After last frost.	Surface sow & tamp down.	12 - 24"	Seeds require light to germinate.
Milkweed - Butterfly Weed	Perennial	Asclepias tuberosa	✓ 30 days cold & moist in fridge.	6 - 8 weeks	After last frost.	Direct sow in Fall. This eliminates need for 90 days in fridge.	1/4"	12 - 24"	Transplant containers/cells should be minimum depth of 6". Slight damage to taproot can kill this plant.
Milkweed - Common Wild	Perennial	Asclepias syriaca	✓ 30 days cold & moist in fridge.	6 - 8 weeks	After last frost.	Direct sow in Fall. This eliminates need for 90 days in fridge.	1/4"	12 - 24"	Transplant containers/cells should be minimum depth of 6". Slight damage to taproot can kill this plant.

Milkweed - Showy Milkweed	Perennial	Asclepias speciosa	✓ 30 days cold & moist in fridge.	6 - 8 weeks	After last frost.	Direct sow in Fall. This eliminates need for 90 days in fridge.	1/4"	12 - 24"	Transplant containers/cells should be minimum depth of 6". Slight damage to taproot can kill this plant.
Milkweed - Swamp	Perennial	Asclepias incarnata	✓ 30 days cold & moist in fridge.	6 - 8 weeks	After last frost.	Direct sow in Fall. This eliminates need for 90 days in fridge.	1/4"	12 - 24"	Transplant containers/cells should be minimum depth of 6". Slight damage to taproot can kill this plant.
Morning Glory	Annual	Ipomoea tricolor	×	3 - 4 weeks	After last frost, BUT prefers direct sowing.	Ideally 2 weeks after last frost.	1/4"	12 - 24"	Gently scarify with sandpaper & soak seeds 24hrs before planting. Prefers direct sowing. Sprawling tendrills need space or somewhere to climb.
Mountain Mint	Perennial	Pycnanthemum pilosum	×	6 - 8 weeks	Late Spring	×	Barely cover & tamp down.	12 - 18"	Seeds require light to germinate. Spreads readily.
Nasturtium	Annual	Tropaeolum majus	×	5 - 6 weeks	After last frost.	Late Spring	1/2"	8 - 12"	
Nicotiana	Annual	Nicotiana	×	6 - 8 weeks	After last frost.	After last frost.	Surface sow & tamp down.	12 - 18"	Seeds require light to germinate. Strong medicinal properties, including nicotine content. Use caution with children & pets.
Nigella	Annual	Nigella	×	×	×	Early Spring	Surface sow & tamp down.	4 - 6"	Seeds require light to germinate. Short lived blooms; sow often!
Orach	Annual	Atriplex hortensis	×	×	×	As soon as soil is workable.	1/4"	6 - 10"	Can grow to 6' & may require protection from wind.
Pansy - Wild	Annual	Viola arvensis	×	6 - 8 weeks	Late Spring	×	Barely cover & tamp down.	6 - 8"	
Pansy - King Henry	Perennial	Viola cornuta	×	6 - 8 weeks	Late Spring	×	Barely cover & tamp down.	6 - 8"	
Pansy - Jolly Jump Ups	Perennial	Viola tricolor	×	6 - 8 weeks	Late Spring	×	Barely cover & tamp down.	6 - 8"	
Peony - Chinese	Perennial	Paeonia lactiflora	✓ 90 days warm & moist, followed by 90 days cold & moist.	6 - 8 weeks	After last frost.	Direct sow in early Summer. This eliminates need for warm/cold stratification.	3/8"	36 - 48"	Soak seeds 24hrs before stratifying.
Peony - Tree Peony	Perennial	Paeonia suffruticosa	✓ 90 days warm & moist, followed by 90 days cold & moist.	6 - 8 weeks	After last frost.	Direct sow in early Summer. This eliminates need for warm/cold stratification.	3/8"	36 - 48"	Soak seeds 24hrs before stratifying.
Petunia	Annual	Petunia multiflora	×	8 - 10 weeks	After last frost.	×	Surface sow & tamp down.	8 - 12"	Seeds require light to germinate.
Pincushion Flower	Annual	Scabiosa atropurpurea	×	4 - 6 weeks	After last frost.	After last frost.	1/8"	12 - 16"	Light improves germination.
Poppies	Annual	Papaver rhoeas	×	×	×	Early Spring.	Barely cover & tamp down.	6"	Sow before the end of Spring Frosts
Poppy - Icelandic	Perennial	Papaver nudicaule	×	×	×	Early Spring.	Barely cover & tamp down.	6"	Sow before the end of Spring Frosts
Quince	Perennial	Chaenomeles japonica	✓ 90 days cold & moist in fridge.	8 - 10 weeks	After last frost.	Spring.	1/4"	3'-4'	Soak seeds 24hrs before stratifying.
Quinoa	Annual	Chenopodium quiona	×	×	×	After last frost.	1/4"	12"	
Roses	Perennial	Rosa	✓ 60 days warm & moist, followed by 120 days cold & moist in fridge.	×	×	Direct sow in late Summer or early Fall. This eliminates need for warm/cold stratification.	3/8"	12"-24"	Soak seeds 24hrs before stratifying.
Rudbeckia	Perennial	Rudbeckia hirta	×	6 - 8 weeks	After last frost.	2 weeks before last Spring frost.	Surface sow & tamp down.	12"	Seeds require light to germinate.
Rue	Perennial	Ruta graveolens	×	6 - 8 weeks	After last frost.	Spring.	1/4"	12"	
Salpiglossis	Annual	Salpiglossis sinuata	×	10 - 12 weeks	After last frost.	×	Surface sow & tamp down.	9 - 12"	Seeds require darkness to germinate.

Salsify	Biennial	Tragopogon porrifolius	×	×	×	After last frost.	1/2"	3"	Harvest roots after hard frosts. For flowers in second year, leave roots alone.
Sage - Broadleaf	Perennial	Salvia officinalis	×	6 - 8 weeks	After last frost.	Early Spring.	1/4"	12"	
Sage - Clary	Biennial	Salvia sclarea	✓ 2 weeks in packet in freezer	6 - 8 weeks	After last frost.	Early Spring.	1/2"	12"	Seeds require darkness to germinate.
Scullcap	Perennial	Scutellaria lateriflora	✓ Packet in fridge 7 days	4 - 6 weeks	After last frost.	Mid-Spring	Surface sow & tamp down.	12"	Seeds require light to germinate.
Sea Kale	Perennial	Crambe maritima	×	8 - 10 weeks	After last frost.	Early Spring.	1/2"	12"-24"	Soak seeds 24hrs.
Smoke Bush	Perennial	Continus coggygaria	✓ 90 days warm & moist followed by 150 days cold & moist in fridge. ✓ 90 days cold & moist in fridge. ✓ 90 days warm & moist in fridge. ✓ 90 days w	8 - 10 weeks	After last frost.	Ideally direct seed in mid- Summer. This eliminates need for time in fridge.	1/8"	18"-36"	Pour boiling water over seeds soak 24hrs before stratification.
Snapdragon	Annual	Antirrhinum majus	×	8 - 10 weeks	After last frost.	×	Surface sow & tamp down.	6"-12"	Seeds require light to germinate.
Soapwart	Annual	Saponaria officinalis	×	3 weeks	After last frost.	Early Spring.	Barely cover & tamp down.	9"	
Starflower	Annual	Scabiosa stellata	×	4-6 weeks	After last frost.	After last frost.	Surface sow & tamp down.	12 - 16"	Light improves germination.
Statice	Annual	Limonium sinatum	×	5-6 weeks	After last frost.	Late Spring.	Surface sow & tamp down.	12"	Seeds require light to germinate.
Stock	Annual	Matthiola incana	×	5-6 weeks	After last frost.	After last frost.	1/4"	6"	
Strawflower	Annual	Bracteantha bracteata	×	4-8 weeks	After last frost.	After last frost.	Surface sow & tamp down.	12"	Seeds require light to germinate.
Sunflower	Annual	Helianthus annuus	×	2-3 weeks	After last frost.	After last frost.	1/2"	12"	Watch out for slugs!
Sweet Pea	Annual	Lathyrus odoratus	×	4-6 weeks	After last frost.	After last frost.	1/2"	6"	Soak seeds for 24hrs prior to planting *all parts poisonous*
Sweet Pea - Hardy	Perennial	Lathyrus latifolius	×	4-6 weeks	After last frost.	After last frost.	1/2"	6"	Soak seeds for 24hrs prior to planting *all parts poisonous*
Sweet William	Biennial	Dianthus barbatus	×	6 - 8 weeks	After last frost.	Early Spring.	Barely cover & tamp down.	6"	
Thistle - Milk Thistle	Biennial	Silybum marianum	×	×	×	Early Spring / Fall	Surface sow & tamp down.	24 - 36"	Seeds require light to germinate.
Valerian	Perennial	Valeriana officinalis	×	8 - 10 weeks	After last frost.	Early Spring / Fall	3/8"	12 - 18"	Seeds require light to germinate.
Weigela	Perennial	Weigela florida	×	10 - 12 weeks	After last frost.	After last frost.	Surface sow & tamp down.	4 - 6'	Seeds require light to germinate.
Winged Everlasting	Annual	Ammobium alatum	×	4 - 6 weeks	After last frost.	After last frost.	Surface sow & tamp down.	12"	Seeds require light to germinate.
Wisteria	Perennial	Wisteria sinensis	×	4 weeks	After last frost.	×	1/4"	36 - 48"	Soak seeds 24hrs before planting. Vigorous vines need strong supports.
Yarrow	Perennial	Achillia millefolium	×	8 - 10 weeks	After last frost.	×	Surface sow & tamp down.	12 - 24"	Seeds require light to germinate.
Zinnia	Annual	Zinnia elegans	×	6 - 8 weeks	After last frost.	After last frost.	1/4"	12"	Heat mats will improve germination.
Zinnia - Persian Carpet	Annual	Zinnia haageana	×	4 weeks	After last frost.	After last frost.	1/4"	8 - 12"	Heat mats will improve germination.

Thin all transplants to one plant per cell.

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^{**} Assume all flowers require consistant watering, good soil fertility, weeding & pest management. **

^{***} If discrepancies arise between info on seed packets & this chart. Please use this chart. \heartsuit ***