

# PreparednessMama's Seed Starting Worksheet

My Average Last Frost Date is:

FOR SPRING PLANTING

Find out your frost dates at: <http://davesgarden.com/guides/freeze-frost-dates/>

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How to use this sheet: Get out your calendar - Find your last frost date at the link above and add it to the "Average Last Freeze Date" column. I've done the first line as an example. Add or subtract the number of weeks for the set out date - Subtract weeks to grow indoors from the set out date to get your sow indoor date.

Vegetable	Average Last Freeze Date	Weeks to set out	Set out date	Weeks to grow indoors	Sow Indoor Date
Broccoli	5-Mar	-3	12-Feb	-6	1-Jan
Beans		+1		-4 to -6	
Beets		-2 to -3		outside only	
Broccoli		-3		-6	
Cabbage		-1 to +1		-5 to -7	
Cauliflower		-3		-5 to -7	
Corn		+6 to +7		outside only	
Eggplant		+6 to +7		-8	
Kale		-4 to -6		-4	
Lettuce		-3 to +1		-4	
Onion (seeds)		-3 to +1		-8	
Peas		-3 to +1		-4 to -6	
Peppers		+4		-5 to -7	
Radish		-4 to -6		outside only	
Spinach		-3 to +1		-4	
Tomato (early)		+4		-5 to -6	
Tomato (standard)		+5 to +7		-5 to -6	
<b>HERBS</b>					
Basil		+4		-5 to -6	
Camomile		0		-4	
Chives		-1		-8	
Fennel		0		-4 to -6	
Parsley		0		-8	
Sage		0		-6 to -8	
Summer Savory		0		-6 to -8	
Thyme		-1		-6 to -8	

Find more gardening inspiration at <http://preparednessmama.com/gardening/gardening-food-production>