

## Vegetables and Perennials for Winter and Spring Sowing

Michelle Mero Riedel

### **Cool Season Vegetables (cold crop)**

Best to sow early April

(veggies that prefer temps 15 degrees cooler than warm season, and can endure short periods of frost)

- Kale
- Cabbage
- Most lettuce
- Peas
- Potatoes (from seed)
- Swiss chard
- Broccoli
- Radish
- Brussel sprouts
- Cauliflower
- Carrots
- Turnips

### **Warm Season Vegetables (tropical)**

Best to sow mid to end of April

(veggies that prefer warm soil and higher temps)

- Beans
- Celery
- Corn
- Cucumbers
- Eggplant
- Okra
- Peppers
- Pumpkins
- Squash
- Tomatoes
- Watermelon
- Zucchini
- Herbs

### **Root Vegetables**

Best to direct sow directly into ground

(veggies that grow under ground)

- Potatoes (regular and sweet)
- Beets
- Carrots
- Turnips
- Rutabagas
- Horseradish
- Radish

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**Perennials I Frequently Sow From Seed**

Best to sow February through March

- Lupines
- Hollyhock
- Dianthus
- Poppy
- Daisy
- Coreopsis
- Angelica Gigas (Korean Angelica)
- Balloon Flower
- Gaillardia
- Rudbeckia
- Lobelia
- Butterfly Weed
- Delphinium
- Penstemon
- Trollius
- Heliopsis
- Columbine
- Silver Sage
- Milkweed
- Maltese Red Cross
- Sea Holly
- Coneflower
- Trollius
- Foxglove

**Annuals**

Best to sow the first three weeks of April

Can sow hardy annuals early, but not necessary