

HOW TO WINTER SOW

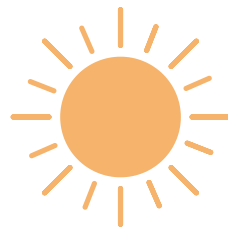
PLANTING TIME

Sow seeds in potting mix in a clear container without the cap. Label inside and out.



PLACEMENT

Set Containers outdoors in part shade.



TEND

Check moisture levels weekly. open containers on warm days in spring; close back up at night.



PLANT

Divide seedlings after formation of true leaves and plant after all danger of frost has passed.



REMOVE THE CAP TO ALLOW PRECIPITATION

CUT BELOW THE HANDLE

ADD DRAINAGE HOLES

Hardy Annuals Suggested for Winter Sowing:

Common Names

Annual Canterbury Bells

Baby's Breath

Bird's eye

Blanket Flower

Blue Pimpernel

Buckwheat

Bush Violet

California Poppy

Calliopsis

Candytuft

Cape Marigold

China Aster

China Pinks

Chinese Forget-me-not

Chinese-houses

Cockscomb

Common Bugloss

Corn Cockle

Cornflower

Common Names

Cretan viper's bugloss

Dwarf/Bush Morning Glory

Elegant Clarkia

Farewell-to-spring

Fiery Cuphea

Floss Flower

Giant Larkspur

Hawks-beard

Kingfisher Daisy

Larkspurs

Love-lies-bleeding

Maskflower

Mexican Tulip Poppy

Mini-marguerite

Moldavian Dragonhead

Mountain-Trumpet

Ox-eye Daisy

Paper Daisy

Pheasant's Eye

Pot Marigold

Common Names

Prickly Poppy

Red-maids

Sand-verbena

Snapdragons

Strawflower

Sulphur Cosmos

Sunflowers

Swan River Daisy

Sweet Alyssum

Sweet Sultan

Tall Cosmos

Tassel Flower

Thorn Apple

Twinspur

Valerian

Woodruff

Yellow Poppy

Hardy Annuals Suggested for Winter Sowing:

Common Names

Alyssum

Annual Mallow

Baby Blue-eyes

Butterfly Flower

Cape Jewels

Cape Daisy

Catchfly

Chinese Foxgloves

Clockvine

Cow Soapwort

Creeping Zinnia

Dill-leaf Ursinia

Drummon Phlox

Everlasting Flower

False Diamond-Flower

Flax

Flowering Tobacco

Forget-me-not

Gloriosa Daisy

Laceflower

Lion's Paws

Love-in-the-mist

Lupine

Common Names

Malope

Mallow

Mignonette

Mexican Sunflower

Nasturtiums

Night-scented Stock

Painted Tongue

Pansy

Petunias

Pincushion Flower

Poached-egg Plant

Poppy

Ragwort

Rose-of-heaven

Scarlet Sage

Scorpion Weed

Shoo-fly

Soapwort

Statice

Star of the Veldt

Sweet Peas

Sweet William Catchfly

Common Names

Toadflax

Venus' Looking Glass

Virginian Stock

Wishbone Flower



Common Garden Perennials for Winter Sowing:

Common Names	Common Names	Common Names	Common Names
Aster	Coneflower	Jack-in-the-Pulpit	Prairie Sunflower
Artemesia	Cranesbill	Jupiter's Beard	Primrose
Astilbe	Creeping Thyme	Joe-Pye Weed	Pyrethrum
Baby's Breath	Cupid's Dart	Lamb's Ears	Red Hot Poker
Balloon Flower	Daylily	Leadwort	Rudbeckia
Bee Balm	Delphinium	Lily-of-the-Nile	Rose Campion
Bellflower	English Daisy	Lily-of-the-Valley	Russian Sage
Blanket Flower	Evening Primrose	Lily	Salvia
Blue-Eyed Grass	Everlasting Sweet Pea	Lupine	Sea Holly
Blue Fescue	False Indigo	Malva	Sedum
Blackberry Lily	Flax	Meadowsweet	Shasta Daisy
Blazing Star	Foxglove	Money Plant	Sea Pink
Blue Beard	Fleabane	Mountain Bluet	Snow-in-the-Summer
Butterfly Weed	Fountain Grass	Obediant Plant	Spurge
Broom	Gaura	Ox-Eye Daisy	Sundrops
Cactus	German Statice	Pampas Grass	Toad Lily
Canterbury Bells	Geum	Pasque Flower	Verbena
Carnation	Globe Thistle	Penstemon	Veronica
Catmint	Goat's Beard	Persian Buttercup	Viola
Candytuft	Heather	Peruvian Lily	Yarrow
Cinquefoil	Helenium	Phlox	
Chinese Lanterns	Hardy Hibiscus	Pigsqueak	
Chrysanthemum	Helleborus	Pincushion Flower	
Clematis	Hollyhock	Pinks	
Columbine	Hosta	Plumbago	
Coral Bells	Iceplant	Poppy	
Coreopsis	Iris	Prairie Coneflower	

Vegetables for Winter Sowing:

Some good Veggie choices are:

Allium family (onions, shallots, garlic, chives)

Artichokes (zone seven and warmer)

Beans (need very well-draining containers)

Beets

Brassica family

Carrots

Celery

Celeriac

Chards

Corn (select an "early" type as it can germinate at lower temps)

Cucurbit family (cukes, squash, pumpkins, melons, gourds)

Some good Veggie choices are:

Leafy Greens

Lettuces

Nightshade family (eggplant, tomatoes, peppers, potatoes)

Okra

Oriental veggies (any non Tropical)

Parsnip

Peas

Radishes

Spinach



Herbs for Winter Sowing:

Some good Herb choices are:

Anise

Basil

Bee Balm

Borage

Chamomile

Chervil

Chives

Cilantro/Coriander

Dill

Sweet and Bronze Fennel (not bulb fennel)

Lavender

Lemon Balm

Lovage

Some good Herb choices are:

Mint

Oregano

Parsley

Rosemary

Rue

Sage

Summer Savory

Sweet Marjoram

Tarragon

Thyme

Garden Thoughtfully,
Heather Andrews
The Thoughtful Gardener
www.gardenthoughtfully.com

