



Vegetable Seed Starting Chart

What to Start Indoors or Direct Sow for Zone 5

Crop	Start Indoors	Direct Sow Outdoors
Arugula		✓
Basil	✓	
Beans		✓
Beets		✓
Broccoli	✓	
Brussels Sprouts	✓	
Cauliflower	✓	
Cabbage	✓	
Carrots		✓
Chives	✓	
Cilantro	✓	✓
Corn		✓
Cucumber	✓	✓
Eggplant	✓	
Kale	✓	✓
Leeks	✓	
Lettuces / Greens	✓	✓
Melons	✓	
Onions	✓	
Parsley	✓	✓
Peas	✓	✓
Peppers	✓	
Pumpkins	✓	
Radishes		✓
Spinach	✓	✓
Squash	✓	
Swiss Chard	✓	✓
Tomatoes	✓	
Turnips		✓