

Herb Starting Info

| Name: | Start Date: | Weeks: | Plant Depth : | Cover: | Start Temp : | Grow Temp: | Days: | Light: | Start Location: | Notes: |
|-----------------|--------------------|---------------|-----------------------|-----------------|---------------------|-------------------|----------------------|-----------------|------------------------|--|
| Arnica P | March 1 | 12 | Barely cover | Plastic | 68-76 day 55 night | 55 | 14-30, up to 2 years | Full sun | | Stratify seed, then soak 24 hrs before planting |
| Basil A | April 15 | 6 | ½" | Plastic | 70 - 85 | 70 - 85 | 4 - 10 | Full sun | | Don't overwater; pinch to encourage bushy growth |
| Bee Balm P | April 15 | 6 | ¼" | Plastic | 60 - 70 | 65 - 80 | 10 - 21 | Part shade | | Moist, rich soil |
| Borage B | Don't start | --- | ¼" | --- | 60 - 65 | 60 - 90 | 5 - 14 | Full sun | | Sow every 4 weeks |
| Butterflyweed P | March 15 | 10 | Press in, don't cover | Plastic | 50 - 70 | 65 - 80 | 14 - 21 | Full sun | | Grows taproot, don't overwater |
| Calendula A | April 15 | 6 | ¼" | Plastic w/foil? | 70 | 65 - 85 | 7 - 14 | Full sun | | Needs light once germinated |
| Catmint P | April 15 | 6 | Barely cover | Plastic | 65 - 70 | 65 - 90 | 10 - 14 | Part – full sun | | Hardy to -25 |
| Catnip P | April 15 | 6 | ¼" | Plastic | 65 - 70 | 65 - 90 | 10 - 21 | Part – full sun | | Readily self seeds |
| Chamomile P | April 15 | 6 | Press in, don't cover | ---- | 70 -75 | 65 - 90 | 10 - 14 | Part – full sun | | Have started this inside 4 - 8 wks, w/plastic |
| Chickweed P | Don't start | --- | To ½" | ---- | 34 - 60 | 60 - 86 | 7 | Full sun | | Direct seed |
| Chives P | April 15 | 6 | 1/8" | Plastic | 60 - 65 | 55 - 90 | 7 - 14 | Full sun | | Self sows readily |
| Cilantro A | Don't start | --- | 1" | --- | 60 - 65 | 55 - 80 | 5 - 14 | Part shade | | Too hot or too much water makes it bolt. |
| Comfrey P | February 15 | 12+ | ¼" | Plastic | 60 | 55 -100 | 10 -30 | Full sun | | Seed requires a winter moist chilling period to germinate. Has taproot |

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| Creeping Thyme P | April 15 | 6 | Press in, don't cover | Plastic | 60 - 70 | 55 - 90 | 10 - 28 | Full sun | | Slow grower at first |
| Dandelion P | Don't start | --- | 1/4" - 1/2" | ---- | 50 - 77 | 65 - 85 | 14 | Full sun | | Direct seed |
| Dill A | Don't start | --- | 1/4 - 1/2" | --- | 60 - 70 | 60 - 85 | 7 - 25 | Full sun | | Doesn't transplant well, reseeds readily |
| Echinacea augustifolia P | Don't start | --- | Press in | ---- | | | 10 - 21 | Full sun | | A minimum 12-week period of cold conditioning is considered to be an absolute requirement. Mix the seed with damp sand and alternate between the refrigerator and freezer several times over a period of 12 weeks. The seed may then be sown directly in the garden or the field. |
| Echinacea purpurea P | April 15 | 6 | 1/8" or press in | Plastic | 40 - 50 | 60 - 85 | 7 - 15 | Part shade | | Pre-chill and nick seeds. Needs 21+ days at 40F before planting. |
| Feverfew P | April 15 | 6 | Barely cover | Plastic | 70 | 60 - 85 | 5 - 15 | Full sun | | Needs strong light to germinate |
| Foxgloves B | April 1 | 8 | Press in, don't cover | Plastic | 65 - 70 | 65 - 80 | 14 - 21 | Partial shade | | Needs strong light to germinate |
| Garlic chives P | April 15 | 6 | 1/4" | Plastic | 60 - 65 | 65 - 90 | 10 - 12 | Full sun | | Readily self sow |
| Honesty B | April 15 | 6 | 1/4" | Plastic w/foil | 55 - 65 | 60 - 80 | 10 - 21 | Partial shade | | Plants will not flower in spring unless they have been overwintered as well-established plants. |

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| Horehound P | April 15 | 6 | ¼” | Plastic | 65 | 60 - 90 | 10 - 15 | | | Don't overwater |
| Hyssop, Anise P | April 15 | 6 | ¼” | Plastic | 70 - 85 | 70 | 5 - 14 | Full sun | | |
| Joe Pye Weed P | May 1 | 4 | Barely cover | Plastic | 40 - 50 | 65 - 80 | 14 - 21 | Full sun | | Transplant when only a few inches high |
| Lady's Mantle P | April 1 | 8 | Don't cover | Plastic | 55 - 60 | 60 - 85 | 14 - 30 | Partial shade | | The seed requires a warm period (70F) for 4 weeks then 40F for 4-6 weeks. |
| Lavender TP | April 1 | 8 | ¼” | Plastic | 40 - 50 | 50 - 70 | 10 - 28 | Full sun | | Dampen potting mix, press the seeds into the surface, insert the pots into plastic bags, and put them in your freezer for 2-7 days. Let come to room temperature before warming them. |
| Lemon Balm P | April 1 | 8 | 1/8” | Plastic | 70 | 55 - 80 | 5 - 21 | Partial shade | | Self sows readily; plant seedlings when small |
| Lemon Verbena A | March 1 | 12 | ¼” | Plastic w/foil | 60 - 65 | 60 -95 | 21 - 28 | Partial shade | | Store verbenas seeds in a plastic bag in the fridge for 1 week prior to sowing, approximately 10 to 12 weeks before the last frost in spring. |
| Lovage P | April 15 | 6 | ¼ “ | Plastic | 60 - 70 | 60 - 85 | 10 - 20 | Partial shade | | |
| Marjoram P | April 1 | 8 | Press in, don't cover | Plastic | 60 - 75 | 60 -85 | 7 - 14 | Full sun | | Transplant seedlings when 3” tall. |
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| Mother of Thyme P | April 15 | 6 | Press in, don't cover | Plastic | 60 - 80 | 70 - 95 | 5 - 28 | Full sun | | |
| Oregano P | May 1 | 4 | 1/8" or press in | Plastic | 65 - 70 | 70 - 80 | 7 - 21 | Full sun | | |
| Parsley A | April 1 | 8 | 1/2" | Plastic | 65 - 70 | 50 - 85 | 14 - 30 | Partial shade | | Soak seeds for 48 hours to speed germination. Has taproot |
| Peppermint P | March 15 | 10 | Press in, don't cover | Plastic | 60 - 70 | 60 - 90 | 12 | Partial shade | | Very invasive; can hybridize with other mints; hard to get true peppermint seeds |
| Plantain P | April 15 | 6 | Don't cover | Plastic | 50 - 75 | 65 - 75 | 7 - 21 | Full sun | | Needs stratified for 2 weeks |
| Purslane A | April 1 | 8 | Don't cover Press in | Plastic | 75 | | 7 - 21 | Full sun | | Need stratified 2 – 3 weeks |
| Roman Wormwood P | April 1 | 8 | Don't cover | Plastic | 55 -65 | 60 - 70 | 7 - 14 | Full sun | | Don't grow near other plants as toxins wash off into soil |
| Rosemary TP | March 15 | 10 | Press in, don't cover | Plastic | 70 -90 | 60 - 90 | 21 | Full sun | | Germination often erratic |
| Sage P | March 15 | 10 | Press in, don't cover | Plastic | 75 - 80 | 60 - 90 | 10 - 21 | Full sun | | |
| Soapwort P | April 15 | 6 | 1/8" | Plastic | 60 -70 | 60 -85 | 7 - 15 | Full sun | | If no germination, put seeds/soil covered container at 24 to 39°F for 2 to 4 weeks. |
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| Southernwood P | March 1 | 12 | | | 60 | | 30 – 60+ | | | Hard to find seeds and does not come true from seed, divide to get new plants |
| Spearmint P | March 15 | 10 | Press in, don't cover | Plastic | 65 - 75 | 60 -85 | 7 - 21 | Partial shade | | Hard to be sure seed is true |
| Sweet Woodruff P | April 1 | 8 | ¼" | Plastic | 50 - 60 | 60 -70 | 30 - 60 | Shade | | Seed needs to moist in fridge for 4 weeks. |
| Tansy P | April 15 | 6 | ¼" | Plastic | 65 - 75 | Alter-nating temps: 85 day, 60 night | 10 -30 | Full sun | | Seeds may need one month of cold stratification at freezing temperatures. |
| Valerian P | April 15 | 6 | 1/8" | Plastic | 65 - 70 | 60 -85 | 14 - 21 | Shade | | |
| Winter Savory TP | April 1 | 8 | Press in, don't cover | Plastic | 70 | 60 -85 | 7 - 21 | Full sun | | |
| Wormwood P | April 1 | 8 | Press in, don't cover | Plastic | 55 - 65 | 60 - 85 | 7 - 14 | Full sun | | |
| Yarrow P | April 15 | 6 | ¼" | Plastic | 65 - 75 | | 7 - 21 | Full sun | | |

Notes: Most of these I've tried to grow. P = Perennial, B = Biennial, A = Annual. Plastic refers to a dome or plastic covering over seed flats to preserve moisture until sprouted. Plastic w/foil means they need darkness to germinate. Remove foil once sprouted. Light: Full sun means the plant needs lots of light to germinate and grow (could be gro-lights set for 16 hr days), partial shade means it doesn't want hot sun as a seedling, shade means no direct light.

All start dates are standard times. Some could be adjusted to John Kempf's shorter times.