

Table 1: Starting times for seeds grown indoors and in cold frames.

Plant name	Number of weeks to start seed before average frost-free date.	
	In cold frame	Indoors
Ageratum	6	8
*Amaranthus (summer poinsettia)	4	6
*Bachelor's button	4	4
Broccoli	6	4 ^a
Cabbage	6	4 ^a
*Calendula	4	4
*California poppy	4	4
Calliopsis	4	6
Cauliflower	6	4 ^a
China aster	4	6
*Cosmos	4	4
Dahlia	6	8
Dimorphotheca (African daisy)	4	4
*Gaillardia	4	4
*Gomphrena	4	4
Larkspur	4	6
Lettuce (head and semihead)	6	4 ^b
Lobelia	6	8
*Marigold	4 ^b	4
*Morning glory	4	4
*Nasturtium	4 ^b	4
Pepper	4 ^b	6
Petunia	6	8
Phlox (annual)	4	6
*Poppy (Shirley)	4	4
Salvia	4	6
*Scabiosa	4	4
Snapdragon	6	8
Statice	4	6
*Straw flower	4	4
*Sweet alyssum (lobularia)	4	6
Tomato	4 ^b	6
Verbena	6	8
Vinca (annual)	4	6
*Zinnia	4	4

*Plants best suited for direct seeding in garden two weeks prior to the average frost-free date.^aShould be kept in coolest room. Best at 55F to 60F.^bIf outside temperatures are below 20F at night, delay planting or use artificial heat to keep temperatures above 50F.