

Which Seeds to Start Indoors and Which Seeds to Direct Sow

Crops that benefit from being started indoors include:

- Tomatoes
- Peppers
- Eggplant
- Ground cherry
- Tomatillo
- Broccoli
- Cauliflower
- Cabbage

Some crop types prefer to be seeded outdoors and are more prone to “transplant shock,” or the stress a plant goes through when being uprooted and moved from one location to another. Transplanting these crops can be especially damaging to their roots, and most gardeners have better luck sowing these seeds directly in the garden.

Crops that benefit from being sowed directly into the garden include:

- Beets
- Carrots
- Cucumbers
- Squash/Pumpkin
- Melons
- Radishes
- Corn
- Okra
- Beans
- Poppies
- Peas

Consult your seed packet for information. Research is also key during the planning phase. Seed packets often have guidelines about when to start seeds indoors, germination information, days to maturity, and other growing tips. But know that recommended

seeding and start dates are just that: guidelines. Understand your local climate nuances (for example, a history of late, surprise frosts) and adjust as needed.