

Seed Planting Guide

 = Pollinator friendly!

ALEXANDERS/ BLACK LOVAGE (*Smyrniolum olusatrum*)

Hardy stout biennial with white umbel flowers, up to 5 feet. All parts of the plant are edible. Used in Chinese medicine traditions. Sow outside or in pots in early Spring with light soil cover. Prefers average soil in partial shade. Pollinator friendly. 

ANGELICA (*Angelica archangelica*)

Herbaceous hardy biennial flowers in its 2nd year, up to 5 feet. Known for its antimicrobial and carminative properties, and used as a bitter aromatic. Surface sow in cool and moist soil in early Spring, slow to germinate. Prefers full sun and moist soil. Loved by pollinators. Will reliably self seed. 

ANISE-HYSSOP (*Aqastache foeniculum*)

Herbaceous clumping perennial with upright flowers. Traditionally used as a carminative and tea herb. Surface sow indoors in Spring. Likes average soil and full sun to partial shade. Prolific pollinator plant! 

ARNICA, MEADOW (*Arnica chamissonis*)

Hardy creeping perennial with multiple stalks of yellow flowers, up to 1 foot. Renowned for its anti-inflammatory properties used topically. Surface sow indoors in early Spring, keeping cool and moist, slow to germinate. Prefers moist, but well drained soil in part shade to full sun. Excellent for pollinators. 

ASHWAGANDHA (*Withania somniferum*)

Tender annual shrub, up to 3 feet with lantern-like pods. Well known as a sleep aid. Surface sow indoors in Spring. Plant out after danger of frost has passed. Likes well drained, dry soil and full sun. 

BAIKAL SKULLCAP (*Scutellaria baicalensis*)

Hardy creeping perennial with brilliant indigo flowers. Traditional Chinese medicine plant known for its many benefits. Plant early Spring in pots. Prefers sun to part shade in well drained soil. Pollinator friendly! 

BEEBALM (*Monarda didyma*)

Aromatic perennial herbaceous with spiky red blossoms that are very attractive to pollinators. Fast growing and spreading through underground stems and can grow up to 4' tall, 3-4' wide. Seeds require light to germinate so surface sow or lightly cover seeds. Sow indoors 6-8 weeks before the last frost.

BETONY (*Stachys officinalis*)

Herbaceous clumping perennial with upright stems of bright pink and magenta flowers. Easy to grow. Sow in a flat of potting soil (or pots), cover seeds slightly. 

BLUE VERVAIN (*Verbena hastata*)

Upright herbaceous perennial with tiny blue flowers, up to 4 feet. Traditionally used for common cold symptoms and upset tummy. Sow in pots or outside in Spring with light soil cover, slow to germinate. Prefers full sun to part shade with moist soil. Excellent for pollinators. 

BORAGE (*Borago officinalis*)

Vigorous herbaceous annual with edible purple flowers, up to 3 feet. Direct sow in early Spring. Shade tolerant and prefers average soil. Well loved by pollinators. 

BUTTERFLY MILKWEED (*Asclepias tuberosa*)

Gorgeous, orange flowers on a perennial plant from the Midwest prairies. Fall sowing is good. Spring sowings take 3 to 4 weeks to germinate. Don't give up! Excellent pollinator plant. 

CALENDULA (*Calendula officinalis*)

Everyone loves the cheery flowers of calendula. Easy to grow. Often self-seeds. Plant where they are to grow if you can stay on top of weeds. Or start them indoors and transplant. 

CALIFORNIA POPPY (*Eschscholzia californica*)

Perennial herb with feathery blue/green foliage and bright yellow/orange blooms. They are commonly used in wildflower mixes, being drought tolerant and easy to germinate. It is recommended to sow seeds in place because they do not tolerate transplanting. 

CATNIP (*Nepeta cataria*)

Herbaceous clumping perennial with upright blue/purple flowers, up to 4 feet. Loved by cats and used by humans for its sedative qualities. Surface sow in pots or outside in Spring. Prefers full sun to partial shade with average soil. Excellent pollinator plant. 

CHAMOMILE (*Marticaria recutita*)

An annual which is most well known for its use in relaxing teas. Chamomile is easy to grow and adaptable but prefers full sun. Scatter seed on well prepared soil, cover lightly and keep moist 

DRAGONHEAD (*Dracocephalum moldavicum*)

Gorgeous annual, medicinal and ornamental. Fragrant plant, nice tea. Easy germination. Fast growth. Cover seeds thinly. Keep seeds moist but don't drown them. 

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EPAZOTE (*Chenopodium ambrosioides*)

Perennial herb traditionally used in Latin American cuisine and medicine. Epazote can grow up to 3" tall and likes well drained soils. It is frost sensitive and prefers full sun. Sow outdoors after frost or indoors 3-4 weeks before last frost. Seeds require light to germinate so sow shallowly.

ELECAMPANE (*Inula helenium*)

Herbaceous perennial with large rough aromatic leaves on upright stems, with lovely large yellow flowers. Grows up to 6 feet. Renowned for treating chronic cough and bronchial issues. Surface sow in pots or outside in mid Spring. Likes moist soil with part shade to full sun. Pollinator friendly. 🐝

GARLIC CHIVES (*Allium tuberosum*)

Are both a beautiful ornamental and a tasty vegetable. They have showy white blooms that attract pollinators and the long green shoots are similar to chives with a garlic flavor. They grow in clumps of up to 1' around and reach 1' tall. Can be sown outdoors in place or indoors in early spring. Plant ¼" deep and keep moist. 🐝

GERMANDER (*Teucrium chamaedrys*)

Tough, perennial plant once established. For best results cold stratify before planting. Start in a flat at room temperature. Germination time is 2 to 3 weeks. Baby them till they are big enough to plant out. 🐝

GREEK MOUNTAIN TEA (*Sideritis syriaca*)

This Mediterranean herb has soft downy leaves similar to "Lambs Ear" which makes it drought tolerant. It prefers a sunny location and well drained soil. In Greece today this herb is most often used during the winter as a tea to help with the common cold and flu. For best results sow indoors in spring, 1/8" deep at 60-90 F. 🐝

HOLY BASIL/ TULSI (*Ocimum africanum*)

Bushy annual with aromatic purple flower spikes. Revered tea herb with many traditional uses. This variety of Holy Basil is best suited for our temperate region. Start indoors in early spring, 1/8" deep. Likes rich soil and full sun. Loved by pollinators. 🐝

HOREHOUND (*Marrubium vulgare*)

Bushy herbaceous perennial. Leaves and stems are covered in downy fuzz. Traditionally used for coughs and sore throats. Surface sow in early Spring in pots or outside. Prefers dry soil and full sun. Excellent for pollinators. 🐝

HYSSOP (*Hyssopus officinalis*)

Woody perennial shrub with aromatic purple flower stalks, up to 3 feet. Traditionally used for common colds. Surface sow in pots in Spring. Likes full sun in average, well drained soil. Pollinator friendly. 🐝

JERUSALEM SAGE (*Phlomis fruticosa*)

Beautiful perennial Mediterranean herb that is hardy and needs little maintenance. The hooded golden blooms appear in multiple tiers on flower stalks up to 4' and are edible. The plant can reach sizes of 2-4' high and 3-5' wide. Sow indoors shallowly and tamp soil, keep at 65 F and moist. Seeds are slow to germinate so be patient. 🐝

KLIP DAGGA (*Leonotis nepetifolia*)

Fast growing tropical annual with stunning tubular orange flowers that are a favorite of hummingbirds. Grows up to 10' tall. Sow indoors, 1/8" deep 6-8 weeks before last frost or direct sow after last frost.

LEMON BALM (*Melissa officinalis*)

Aromatic herbaceous bushy perennial with leafy stalks of small white flowers. Classic tea herb known for its medicinal properties of relieving stress and indigestion. Surface sow in pots or outside in Fall or early Spring. Ideal soil temp is 60-75 F. Likes shade to part sun in average soil. Pollinator friendly. 🐝

LEMON BEEBALM (*Monarda citriodora*)

Gorgeous medicinal, annual and ornamental known for its stacked whorls of magenta flowers. Start indoors. Transplant to 4-inch pots and then plant outside after danger of frost. 🐝

LOVAGE (*Levisticum officinale*)

Herbaceous perennial up to 6 feet. A common pot herb known for its carminative properties. Direct sow outside or in pots in Fall or early Spring. Likes average soil and part shade to full sun.

MARSHMALLOW (*Althaea officinalis*)

Herbaceous perennial with stalks of pale purple flowers, up to 6'. Edible with many soothing medicinal properties. surface sow in pots or outside in early Spring. Average soil, part shade to full sun. Loved by pollinators. 🐝

MEADOWSWEET (*Filipendula ulmaria*)

Sweet scented herbaceous perennial native to Europe. Its creamy white clusters of flowers appear on stalks up to 5' tall and attract many pollinators. Seeds germinate best at 50 F and can take several weeks. Cover lightly with soil as they need light to germinate. 🐝

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MOTHERWORT (*Leonurus cardiaca*)

Bushy herbaceous perennial with dainty purple flowers, up to 5 feet. Known for many medicinal properties. Sow Fall or early Spring, direct sow or in pots with light soil cover. Slow to germinate. Prefer shade to full sun in moderate soil. Loved by pollinators. 🐝

OLYMPIC MULLEIN (*Verbascum olympicum*)

Robust biennial that in its 2nd year sends up a large flowering stalk bedecked with golden blooms. In its first year it grows as a large rosette of fuzzy leaves which are used in teas or smoke blends. Flowers are also medicinal. Seeds are light dependent, cover lightly with soil, keep moist and warm, and will germinate quickly. Start in spring. 🐝

SELF-HEAL (*Prunella vulgaris*)

Creeping herbaceous perennial with purple flower clusters on stalks up to 18 inches. Great tea herb with rich traditional medicinal history. Sow in pots in early Spring with light soil cover. Likes full sun to part shade in moist soil. Excellent for pollinators. 🐝

SHISO (*Perilla frutescens*)

Distinctive cinnamon/clove flavor and scent, widely used in asian cuisine. Herbaceous annual in the mint family. Sow indoors 1/8" deep 6-8 weeks before last frost or sow directly after last frost. For best results soak seeds for 24 hrs before sowing. 🐝

SKULLCAP (*Scutellaria lateriflora*)

Excellent nervine. It grows well in a solid patch and if cared for will continue to spread, though is not aggressive. It sends up flowering spikes of delicate purple/blue flowers up to 2' tall. We sow seeds in our greenhouse in March. Lightly cover seeds, keep moist and 60-80 F. Plant out in a patch after last frost. 🐝

SPIRANTHES (*Spilanthes acmella*)

Pantropical herbaceous perennial grown in the NW as an annual. Low growing crawling nature with unique petalless yellow flowers. Also known as "Toothache Plant" for its mouth numbing qualities and is antiviral and antifungal. Sow 1/8" deep, indoor 4-6 weeks before last frost. Plants like fertile soil and to be well watered.

SPOTTED BEE BALM (*Monarda punctata*)

An aromatic erect perennial with rosettes of yellow purple spotted tubular flowers that attract a variety of beneficial pollinators. It is easily grown from seed and prefers sandy well drained soils. Seed indoors 6-8 weeks before last frost. 🐝

SWEET ANNIE (*Artemisia annua*)

Herbaceous aromatic annual, up to 6 feet. Traditional Chinese medicinal plant, anti-viral. Sow in pots or outside in Spring with a light soil covering. Likes average soil in full sun. Loved by pollinators. 🐝

SWEET BERGAMOT (*Monarda fistulosa*)

Herbaceous aromatic perennial with showy lavender/rose flowers, up to 4 feet. Beloved tasty tea herb. Sow in pots or outside in Spring with a light covering of soil. Prefers part shade to full sun. Excellent for pollinators. 🐝

SWEET CICELY (*Myrrhis odorata*)

Herbaceous aromatic perennial with ferny leaves and white umbel flowers up to 4 feet. Edible with many medicinal properties, including as a tonic for breathing issues. Sow in Fall or cold stratify 30+ days for Spring planting, slow to germinate. Likes average soil in part shade to full sun. Loved by pollinators. 🐝

SWEET WILLIAMS (*Dianthus barbatus*)

Sweet scented perennial flowers ranging in color from red to white and often in bicolor combinations. Densely packed flower clusters are great for cut-flower arrangements and are also edible. Sow 1/8" deep, indoors 6-8 weeks before last frost or direct sow after last frost date. Prefers full sun but can handle part shade. 🐝

VALERIAN (*Valeriana officinalis*)

Herbaceous perennial with sweet smelling pink or white flowers, up to 5 feet. Medicinally renowned for its sedative qualities. Sow with light soil cover in pots or outside in the Spring. Prefers part shade to sun in average well drained soil. Pollinator friendly. 🐝

WINTER SAVORY (*Satureja montana*)

Long-term perennial, aromatic sub-shrub. Start from seed indoors, 6 to 8 weeks before planting out. Needs light to germinate. 🐝

YARROW (*Achillea millefolium*)

Creeping herbaceous perennial with lovely umbel white flowers, up to 3 feet. Wide variety of traditional medicinal uses. Sow in early Spring in pots or direct sow, lightly cover with soil. Prefers full sun and is drought tolerant. Pollinator friendly! 🐝

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