

# Sowing and Transplanting Guide

[www.beginnergardentips.com](http://www.beginnergardentips.com)

## Sow **INSIDE** 10-12 Weeks Before Last Frost?

PREFER 26°C (80°F) TO GERMINATE

Tomatoes (slow varieties)  
Peppers  
Leeks  
Onions  
Woody Herbs (thyme, rosemary)

## Sow **INSIDE** 8-10 Weeks Before Last Frost

Artichokes  
Asparagus  
Aubergine  
Peppers  
Spring Onions  
Tomatoes (slow varieties)

## Sow **INSIDE** 6-8 Weeks Before Last Frost

Artichokes  
Asparagus  
Aubergine  
Peppers  
Spring Onions

## Sow **OUTSIDE** 6-8 Weeks Before Last Frost

Asparagus spears  
Carrots  
Onion sets  
Parsnips  
Peas  
Radish  
Spinach  
Turnip

 Be prepared to protect if temperature drops much below freezing.

This is to be used as a guide and you should always check seed packets for specific advice.

## Sow **INSIDE** 4-8 Weeks Before Last Frost

Basil  
Broccoli  
Brussel Sprouts  
Cabbage  
Cauliflower  
Calendula   
Celery  
Courgette  
Cucumber  
Kale  
Summer Squash  
Sweetcorn  
Tomato  
Nasturtiums 

## Sow **OUTSIDE** 4 Weeks Before Last Frost

Arugula  
Brussel Sprouts  
Cabbage  
Leeks  
Lettuce  
Mustard  
Potatoes  
Pumpkin  
Swiss Chard

## Transplant 4 Weeks Before Last Frost

HARDEN OFF PLANTS FIRST

Broccoli  
Brussels sprouts  
Cabbage  
Kale  
Kohlrabi  
Lettuce  
Peas  
Swiss Chard

## Transplant **OUTSIDE** After Last Frost

Beans  
Courgette  
Cucumber  
Pumpkin  
Sweetcorn