

SEED VARIETY	SEED SOWING SEASON (based on PNW climate)
Agrimony	Fall/Winter/Early Spring
Alfalfa	Fall/Winter/Spring/Summer
Alkanet	Spring/Summer
Alkanet, Oriental	Spring/Summer
Alum root	Fall/Winter/Early Spring
Ambrosia	Fall/Winter
Angelica	Fall/Winter
Anise-Hyssop	Fall/Winter/Spring/Summer
Arnica, Meadow	Fall/Winter/Spring/Summer
Arugula	Spring/Summer
Arugula, Wild	Fall/Winter/Spring/Summer
Aster, Douglas	Fall/Winter/Early Spring
Ashwagandha	Early Spring/Spring (start indoors)
Avens	Fall/Winter/Early Spring
Balloon Flower	Spring/Summer
Balsam Root	Fall/Winter/Early Spring
Basil, Camphor	Early Spring/Spring (start indoors)
Basil, Holy	Early Spring/Spring (start indoors)
Basil, Sweet	Early Spring/Spring (start indoors)
Basil, Thai	Early Spring/Spring (start indoors)
Bee Balm	Spring/Summer
Bergamot, Wild	Fall/Winter/Spring/Summer
Black Eyed Susan	Fall/Winter/Spring
Blessed Thistle	Spring
Borage	Fall/Winter/Spring
Borage, white	Fall/Winter/Spring
Brown Eyed Susan	Fall/Winter/Early Spring
Burdock	Spring
Burdock, woolly	Spring
Calamint	Spring/Summer
Calendula	Spring
Caraway	Spring
Cardoon	Spring/Summer
Catnip	Spring/Summer
Catnip, Japanese	Spring
Chamomile, Roman	Spring/Summer
Chamomile, Wild	Fall/Winter/Spring/Summer
Chickweed	Fall/Winter/Spring/Summer
Chives	Fall/Winter/Spring/Summer
Chives, Garlic	Fall/Winter/Spring/Summer
Cilantro	Spring/Summer

Codonopsis	Spring/Summer
Columbine	Spring/Summer
Columbine, Red	Fall/Winter/Spring/Summer
Cleavers	Fall/Winter/Spring/Summer
Clover, Red	Fall/Winter/Spring/Summer
Curry Plant	Spring/Summer
Dandelion	Fall/Winter/Spring/Summer
Dill	Spring
Dock, Western	Fall/Winter/Spring/Summer
Dock, Yellow	Fall/Winter/Spring/Summer
Dreamroot	Spring/Summer
Echinacea	Spring/Summer
Echinacea, Narrowleaf	Fall/Winter/Early Spring
Elder, Black	Fall/Winter
Elder, Blue	Fall/Winter
Elder, Red	Fall/Winter
Epazote	Spring
Elecampane	Spring/Summer
Evening Primrose	Fall/Winter/Spring/Summer
Fennel	Fall/Winter/Spring/Summer
Feverfew	Spring/Summer
Fireweed	Fall/Winter
Figwort	Spring/Summer
Foxglove	Fall/Winter/Spring/Summer
Foxglove, grecian	Spring/Summer
Fringecup	Fall/Winter/Early Spring
Goldenrod	Fall/Winter/Early Spring
Gumweed, Coastal	Fall/Winter/Spring/Summer
Gumweed, Curly Cup	Fall/Winter/Early Spring
Hawthorn, Black	Fall/Winter
Hedge Nettle	Fall/Winter/Spring/Summer
Henbane	Spring
Hollyhock	Spring/Summer
Hollyhock, Black	Spring/Summer
Horehound	Spring/Summer
Hyssop	Spring/Summer
Indigo, Wild Blue	Spring/Summer
Jimson weed	Spring
Joe Pye Weed, Spotted	Fall/Winter/Early Spring
Kale, Dinosaur	Spring/Summer
Lady's Mantle	Fall/Winter/Early Spring
Lamb's Ears	Spring/Summer

Lavender, English	Spring/Summer
Lavender, French	Spring/Summer
Lavender, Yellow	Spring/Summer
Lemon Balm	Spring/Summer
Lobelia, Great Blue	Spring/Summer
Lomatium	Fall/Winter
Mallow, High	Spring/Summer
Marjoram, Sweet	Spring
Marjoram, wild	Spring/Summer
Marshmallow	Spring/Summer
Milkweed, Showy	Fall/Winter/Spring/Summer
Milky Oats	Spring/Fall
Mint, Wild	Fall/Winter/Spring/Summer
Moldavian Balm	Spring
Motherwort	Spring/Summer
Mugwort	Spring/Summer
Morning Glory, Purple	Spring
Mullein	Spring/Summer
Mullein, Candleabra	Spring/Summer
Mullein, Greek	Spring/Summer
Mullein, Moth	Spring/Summer
Opium Lettuce	Fall/Winter/Spring
Onion, Nodding	Fall/Winter/Early Spring
Oregano	Spring/Summer
Oregon Grape, Low	Fall/Winter
Oregon Grape, Tall	Fall/Winter
Nettle, Stinging	Fall/Winter/Early Spring
Pearly Everlasting	Fall/Winter/Early Spring
Pennyroyal	Spring/Summer
Plantain, Broadleaf	Spring/Summer
Plantain, Narrowleaf	Spring/Summer
Plantain, Sea	Fall/Winter/Early Spring
Pokeroot	Fall/Winter/Spring/Summer
Poppy, Opium	Fall/Winter/Spring
Poppy, California	Fall/Winter/Spring/Summer
Poppy, Celendine	Fall/Winter/Spring/Summer
Poppy, Field	Fall/Winter/Spring
Rose, Clustered	Fall/Winter
Rose, Nootka	Fall/Winter
Rose, Prairie	Fall/Winter
Rose, Prickly	Fall/Winter
Rose, Rugosa	Fall/Winter/Early Spring

Rose Campion	Fall/Winter/Spring/Summer
Sage, Clary	Spring/Summer
Sage, Jerusalem Red	Spring/Summer
Sage, Woodland Indigo	Spring/Summer
Sagewort, Coastal	Fall/Winter/Spring/Summer
Saint John's Wort	Fall/Winter/Spring/Summer
Salad Burnet	Spring/Summer
Savory, Summer	Spring
Savory, Winter	Spring/Summer
Self-Heal	Fall/Winter/Spring/Summer
Shepherds purse	Spring/Fall
Shiso, Red	Spring
Shoofly Plant	Spring
Skullcap, Baical	Spring/Summer
Skullcap, Blue	Fall/Winter/Spring/Summer
Sneezeweed, Coastal	Fall/Winter
Sneezeweed, Mountain	Fall/Winter
Sorrel	Spring/Summer
Sorrel, Sheep's	Spring/Summer
Spinach, Mountain	Spring
Spilanthes	Early Spring/Spring (start indoors)
Sweet Annie	Spring
Sun Opener	Spring/Summer
Teasel	Fall/Winter/Spring
Thyme, English	Spring/Summer
Thyme, Lavender	Spring/Summer
Tobacco, 1000 yr old	Spring (start indoors)
Tobacco, Coyote	Fall/Winter/Spring
Tobacco, Virginia	Spring (start indoors)
Tobacco, Wild	Spring (start indoors)
Valerian	Fall/Winter/Spring/Summer
Vervain	Fall/Winter/Spring/Summer
Vervain, Blue	Fall/Winter
Wild Carrot	Fall/Winter/Spring
Wild Dagga	Spring (start indoors)
Woad	Fall/Winter/Spring
Wood Betony	Fall/Winter
Wormwood	Fall/Winter/Spring/Summer
Yarrow	Fall/Winter/Spring/Summer
Yarrow, Giant	Spring/Summer
Yarrow, Pink	Spring/Summer
Yarrow, Western	Fall/Winter/Spring/Summer

Yarrow, Yellow	Fall/Winter/Spring/Summer
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