



Seed Starting Environment

PLANTS	START INDOORS	START OUTDOORS
Basil	√	
Bell Peppers	√	
Broccoli	√	
Brussels Sprouts	√	
Cabbage	√	
Cauliflower	√	
Celery	√	
Cucumbers		√
Eggplants	√	
Kale		√
Kohlrabi		√
Lettuce	√	√
Oregano	√	
Rosemary	√	
Sage	√	
Summer Squash		√
Sweet Potatoes		√
Swiss Chard		√
Thyme	√	
Tomatoes	√	



Spring Seed Starting Schedule

PLANTS	JANUARY				FEBRUARY				MARCH			
	W1	W2	W3	W4	W1	W2	W3	W4	W1	W2	W3	W4
Basil												
Bell Peppers												
Broccoli												
Brussels Sprouts												
Cabbage												
Cauliflower												
Celery												
Cucumbers												
Eggplants												
Kale												
Kohlrabi												
Lettuce												
Oregano												
Rosemary												
Sage												
Summer Squash												
Sweet Potatoes												
Swiss Chard												
Thyme												
Tomatoes												



RECIPE GROW LIST

The best way to determine what you should grow is to know what you cook most often. Use the below worksheet to jot down the ingredients from a meal/snack you make every week.

Put a star next to the ingredient you want to grow.

RECIPE 1

RECIPE 2

RECIPE 3

RECIPE 4



RECIPE GROW LIST

MINE LOOKS LIKE THIS

RECIPE 1 Cauliflower Stir Fry

Cauliflower

Red Bell Peppers

Green Bell Peppers

Raw Cashews

Brown Jasmine Rice

Parsley

RECIPE 2 Grain Bowl

Sweet Potatoes

Chick Peas

Broccoli

Kale

Tomatoes

Quinoa

RECIPE 3

RECIPE 4