

Green Haven Garden's Winter Sowing Resources:



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Trudi Davidoff's Winter Sowers Facebook Group: [Winter Sown](#)

Winter Sowing Method Recap

Supplies:

- Clean, rinsed and dried containers, such as milk and water jugs, orange juice containers, two liter bottles (remove lids), clear plastic salad and takeout containers.
- Drill, screwdriver, knife, soldering iron, or hot glue gun for adding drainage holes
- Scissors, box cutter, or Exacto knife – for cutting your container
- Indelible marker – an oil based marker, grease pen, or garden marker
- Plant Label
- Damp Potting Mix – any all purpose type that drains well
- Seeds – perennials, hardy annuals, herbs, hardy vegetables
- Water
- Tape (packing, duct, or painters) or wire – for sealing the container

Instructions:

1. Gather your supplies above
2. Create drainage holes – using a drill or knife or whatever works best for you, punch holes in the bottom of your container for drainage. PLEASE use care so that you do not injure yourself!
3. Create a lid – cut around your container, usually just below the handle of a milk jug, about 3”-4” from the bottom, leaving the area near the handle uncut, to form a hinged lid.
4. Make your label – Make your label while your hands are clean. Add the seed name and date sown on a plastic label for inside the container AND label the outside top half of the container with the same information.
5. Add potting mix – fill the container bottom portion with damp potting mix, a little below the cut line.
6. Plant your seeds – If you have tiny seeds and some to spare, broadcast them evenly over the surface of the soil OR space out your seeds; this can make it easier to transplant later.
7. Refer to your seed pack to see if your seeds need to be covered or need light to germinate.
8. Add your label to the inside of your container (if the lid label wears off or you lose the lid, you will still have an inner label to identify your seedlings.)
9. Water – gently water in your seeds, wetting the soil until you see water starting to drain from the bottom or water container from below.
10. Tape lid shut with tape.
11. Set your container outside where it will get full sun but be protected from wind. Winter snow and rain will water your container and the lid will act as a greenhouse to insulate and protect

Tote Video:

A quick video on how to winter sow in totes

https://www.instagram.com/reel/CYbx1VKAYDJ/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==

Plant Lists

Common Garden Perennials for Winter Sowing

Here's a list of common garden perennials, the varieties are listed by common names with their zone ranges included. The zone ranges are "suggested", many of these plants will be hardier beyond the zone listing. "b" is a Biennial.

Aster 4-9	Evening Primrose 5-8	Penstemon 3-8
Artemesia 3-8	Everlasting Sweet Pea 5-9	Persian Buttercup 7-10
Astilbe 4-8	False Indigo 3-9	Peruvian Lily 7-10
Baby's Breath 4-9	Flax 5-9	Phlox 4-8
Balloon Flower 4-9	Foxglove (b 4-8) (p 3-8)	Pigsqueak 3-8
Bee Balm 4-9	Fleabane 6-9	Pincushion Flower 3-8
Bellflower 3-8	Fountain Grass 6-9	Pinks 3-9
Blanket Flower 3-10	Gaura 5-8	Plumbago 5-9
Blue-Eyed Grass 5-8	German Statice 3-9	Poppy 4-9
Blue Fescue 4-9	Geum 5-7	Prairie Coneflower 3-10
Blackberry Lily 5-9	Globe Thistle 3-8	Prairie Sunflower 4-10
Blazing Star 4-9	Goat's Beard 3-7	Primrose 5-8
Blue Beard 7-10	Heather 5-8	Pyrethrum 3-7
Butterfly Weed 3-9	Helenium 4-8	Red Hot Poker 6-10
Broom 6-9	Iceplant 6-10	Rudbeckia 3-9
Cactus (varies by species, zones 3-10 included)	Hardy Hibiscus 5-10	Rose Campion 4-8
Canterbury Bells (b) 3-8	Helleborus 3-8	Russian Sage 3-9
Carnation 4-8	Hosta 3-9	Salvia (varies by species 4-9)
Catmint 5-9	Iris 4-9	Sea Holly 5-9
Candytuft 3-8	Jack-in-the-Pulpit 5-9	Sedum (varies by species 3-9)
Cinquefoil 5-8	Jupiter's Beard 5-8	Shasta Daisy 5-9
Chinese Lanterns 5-8	Joe-Pye Weed 5-8	Sea Pink 6-8
Chrysanthemum 5-10	Lamb's Ears 4-8	Snow-in-the-Summer 3-7
Clematis 5-9	Leadwort 7-10	Spurge 4-9
Columbine 3-8	Lily-of-the-Nile 6-10	Sundrops 4-8
Coral Bells 3-9	Lily-of-the-Valley 3-8	Toad Lily 4-9
Coreopsis 4-10	Lily (Oriental varieties) 4-8	Verbena 6-10
Coneflower 3-8	Lupine 4-8	Veronica 3-10
Cranesbill 5-8	Malva 4-8	Viola 4-7
Creeping Thyme 4-9	Meadowsweet 3-8	Yarrow 3-10
Cupid's Dart 5-10	Money Plant (b) 5-9	
Daylily 4-10	Mountain Bluet 3-8	
Delphinium 3-7	Obediant Plant 4-8	
English Daisy 4-8	Ox-Eye Daisy 3-8	
	Pasque Flower 5-7	

Hardy Annuals Suggested for Winter Sowing

Abronia umbellata (sand-verbena)
Adonis aestivalis (pheasant's eye)

Ageratum houstonianum (floss flower)
Agrostemma githago (corn cockle)
Alonsoa acutifolia (maskflower)
Amaranthus caudatus (love-lies-bleeding)
Amberboa moschata (sweet sultan)
Anagallis indica (blue pimpernel)
Anchusa (bugloss)

Alyssum maritimum (sweet alyssum)
Antirrhinum majus (snapdragons)
Argemone mexicana (prickly poppy)
Asperula azurea (woodruff)
Brachycome iberidifolia (swan river daisy)
Browallia demissa (bush violet)
Bupleurum rotundifolium (ox-eye daisy)
Calandrinia grandiflora (red-maids)
Calendula (pot marigold)
Callistephus (China aster)
Campanula (annual Canterbury bells)
Celosia (cockscomb)
Centaurea (cornflower)
Centranthus macrosiphon (valerian)
Chrysanthemum paludosum (mini-marguerite)
Clarkia elegans
Collinsia bicolor (Chinese-houses)
Collomia coccinea (mountain-trumpet)
Consolida ajacis (Larkspur)
Convolvulus (dwarf/bush morning glory)
Coreopsis tintoria (calliopsis)
Cosmos bipinnatus (tall cosmos)
Cosmos sulphureus (sulphur cosmos)
Crepis rubra (hawks-beard)
Cuphea ignea (fiery cuphea)
Cynoglossum (Chinese forget-me-not)
Datura species (thorn-apple)
Delphinium (larkspur)
Dianthus chinensis (China pinks)
Diascia barberi (twinspur)
Dicranostigma franchetianum (bright-yellow poppy)
Dimorphotheca aurantiaca (Cape marigold)
Dracocephalum moldavica (Moldavian dragonhead)
Echium creticum (bugloss)
Emilia javanica (tassel flower)
Eschscholzia californica (California poppy)
Fagopyrum esculentum (buckwheat)
Felicia bergeriana (kingfisher daisy)
Gaillardia pulchella (blanket flower)
Gilia (bird's-eye)
Godetia (fairyfan, farewell-to-spring)
Gypsophila (baby's breath)
Helianthus (sunflowers)
Helichrysum (strawflower)

Helipterum (paper daisy)
Hunnemannia fumariifolia (Mexican tulip poppy)
Iberis (candytuft)
Ionopsidium acaule (false diamond-flower)
Lathyrus odoratus (sweet peas)
Lavatera (annual mallow)
Leonorus (lion's paws)
Limnanthes douglasii (poached-egg plant)
Limonium sinuatum (statice)
Linaria bipartita (toadflax)
Linum (flax)
Lobularia (alyssum)
Lupinus (lupine)
Lychnis (catchfly)
Malcomia maritima (Virginian stock)
Malope trifida (malope)
Malva (mallow)
Matthiola bicornis (night-scented stock)
Myosotis dissitiflora (forget-me-not)
Nemesia strumosa (Cape jewels)
Nemophila (baby blue-eyes)
Nicandra (shoo-fly)
Nicotiana (flowering tobacco)
Nigella (love-in-the-mist)
Osteospermum (Star of the Veldt)
Papaver (poppy)
Petunia hybrida (petunias)
Phacelia (scorpion weed)
Phlox drummondii (drummon phlox)
Rehmannia angulata (Chinese foxgloves)
Reseda odorata (mignonette)
Rudbeckia bicolor (gloriosa daisy)
Salpiglossis sinuata (painted tongue)
Salvia splendens (scarlet sage)
Sanvitalia procumbens (creeping zinnia)
Saponaria vaccaria (soapwort)
Scabiosa (pincushion flower)
Schizanthus pinnatus (butterfly flower)
Senecio elegans (ragwort)
Silene armeria (none-so-pretty)
Specularia perfoliata (Venus' looking glass)
Thunbergia alata (clockvine)
Tithonia rotundifolia (Mexican sunflower)
Torenia fournieri (wishbone flower)

Trachymene caerulea (laceflower)
Tropaeolum (nasturtiums)
Ursinia anethoides (dill-leaf ursinia)
Vaccaria (cow soapwort)

Veridium fastuosum (Cape daisy)
Viola tricolor (pansy)
Viscaria (rose-of-heaven)
Xeranthemum (everlasting flower)

Winter Sown Vegetables and Herbs

Allium family (onions, shallots, garlic, chives)
Artichokes (zone seven and warmer)
Beans (need very well-draining containers)
Beets
Brassica family (cabbage, broccoli, kale, collards, etc)
Carrots
Celery
Celeriac
Chards
Corn (select an "early" type as it can germinate at lower temps)
Cucurbit family (cukes, squash, pumpkins, melons, gourds)
Leafy Greens
Lettuces
Nightshade family (eggplant, tomatoes, peppers, potatoes - from real seeds....not "seed potatoes")
Oriental veggies (any non Tropical)
Parsnip
Peas
Radishes
Spinach
Kitchen Herbs
Anise
Basil (tender annual best sown towards end of winter)
Borage
Chamomile
Chervil
Chives
Cilantro/Coriander
Dill
Fennel, Wild
Lavender
Lemon Balm
Lovage
Mint
Oregano
Rosemary
Rue

Sage
Summer Savory
Sweet Marjoram
Tarragon
Thyme