



2025 Growing Guide

Basic tips for growing your seeds!



Asparagus

- Soak seeds 24 hours.
- Sow indoors 2-3 months 1/2" deep before last spring frost.
- Transplant into trenches 18" apart in rich, well-worked soil after last frost.
- It takes 2-3 years for asparagus to be ready to harvest.

Beets

- Work soil deeply and remove rocks. Well-rotted compost recommended.
- Sow 3-4 weeks before last frost.
- Sow 1/2" deep, 4-6" apart.
- Thin early for best results.
- Neutral to slightly alkaline soil.

Carrot

- Direct sow as soon as ground can be worked.
- Surface sow.
- Rows should be spaced 12-18" apart.
- Thin to 1-2" apart when seedlings are 1.5" tall.

Collards

- Sow in late spring for a fall harvest when soil temps are 50-80°F.
- Sow 1/2-1/4" deep in rows 3' apart.
- Thin to 6" apart.
- Harvest by cutting at the soil line.

Bean

- Prefer well drained, rich soil in a sunny location.
- Do not plant until all danger of frost has passed.
- Sow 1-1.5" deep.
- Space 2-3" apart.

Brussels Sprouts

- Direct sow outdoors 1/2" deep and 18" apart 4-6 weeks before last spring frost.
- Start indoors 6 weeks before last spring frost and transplant 2 weeks before last frost.
- Sow midsummer for a fall crop.
- Ready to harvest when heads are firm and 2" in diameter.

Cauliflower

- Start indoors 8 weeks before planting outdoors.
- Sow 1/4" deep in individual containers.
- Move them to a sheltered place outdoors for a week before planting in garden.

Celery

- Start indoors 8-10 weeks before last spring frost.
- Sow 1/4" deep.
- Move them to a sheltered place outdoors for a week before planting in garden.
- Plant 6" apart in rows 1.5" apart.

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Corn

- Direct sow in rich soil 1-2 weeks after last spring frost.
- Sow 1-2" deep, 12" apart.
- Succession-planting encouraged.
- Planting in blocks improves pollination.

Eggplant

- Start indoors 8-12 weeks before last frost date.
- Sow 1/4" deep and 18" apart.
- Requires full sun.
- May require staking.

Gourd

- Direct sow after danger of frost has passed.
- Warm, well-drained and fertile soil.
- Sow 1" deep.
- Hills or rows spaced 24-30" apart.

Leek

- Sow indoors in late winter.
- Sow 1/4" deep.
- Set outdoors 6-8 weeks before last frost with plants 4-6" apart.
- Rich, finely-worked soil.

Cucumber

- Sow in average, well-drained soil in full sun after danger of spring frost.
- Sow 4-6 seeds 1" deep 3" apart in hills 36" apart.
- Thin seedlings to 2-3 per hill when 2-3" high.
- Stakes or trellis netting recommended.

Endive

- For sweetest flavor, time your planting so plants mature in cool weather.
- Sow 1/4" deep and 12" apart in early spring and again in fall/winter in mild climates.
- For more tender leaves, tie the outer leaves to cover the inner leaves to blanch them while growing.

Kale

- Sow in full sun in early spring or midsummer for fall crop.
- Sow 1/4" deep.
- Thin 18" apart.

Lettuce

- Direct sow in early to mid spring.
- Sow 1/8" deep.
- Thin to 1' apart.
- Plant again in late summer.

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Mesclun

- Sow in average soil in full sun in early spring and again in late summer.
- Sow 1/4" deep in rows 12" apart.
- Keep evenly moist.

Okra

- Sow in average, well-worked soil after danger of frost.
- In rows 36" apart, plant 3-4 seeds 1" deep every 12".
- Thin to strongest seedlings when plants are 1-2" high.

Peas

- Direct sow outdoors.
- Sow 1/2-1" deep.
- 1-2 seeds every 2".
- Known for ability to grow under harsh conditions.
- May require trellising.

Pumpkin

- Direct sow outdoors after all danger of frost has passed.
- Sow 1" deep.
- 4-5 seeds per hill.
- Space 4' apart.
- Thin to 2 plants per hill.

Mizuna (Mustard Greens)

- Tolerant of heat and frost but best planted in cool spring or fall.
- Sow in place 1/4" deep and 8" apart.
- Rich soil.
- Harvest individual leaves or cut entire plant.

Onion

- Start indoors 8-12 weeks before transplanting.
- Sow 1/4" deep, 4-6" apart.
- Can transplant 3-4 weeks before last spring frost.
- Rich, moist soil.

Pepper (Hot & Sweet)

- Start indoors 8 weeks before last spring frost.
- Optimal soil temperature is 80°F.
- Sow 1/4" deep.
- Transplant after last spring frost date when night temperatures average above 55°F.

Radish

- Sow in well-worked soil after danger of frost in early spring and again in late summer.
- Sow 1/2" deep in rows about 6" apart.
- Thin to stand about 2" apart.

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Scallions

- Sow in average soil in full sun after danger of spring frost.
- Sow 1/4" deep in rows 12" apart.
- Thin to 3" apart when seedlings are 1-2" high.

Squash

- Direct sow after last frost.
- Can be started indoors and transplanted.
- Sow 1/2-1" deep and 12-24" apart.
- Needs heavily amended soil.
- Research your seeds to see if they are a summer or winter squash! Summer Squash is harvested when plants are still young and Winter Squash is harvested when fully mature.

Tomato

- Start indoors 6-8 weeks before last spring frost and transplant after all danger of frost has passed.
- Requires full sun.
- Sow 1/4" deep.
- Space plants 18-36" apart.
- Requires a support system.

Zucchini

- Sow outdoors after danger of frost.
- Rich, fertile soil.
- Sow 1-2 seeds 1" deep and 36" apart.
- Keep evenly moist.

Spinach

- Sow in early spring.
- Sow 1/2" deep, 6-8" apart.
- Heat will cause spinach to bolt.
- Sow late summer for fall harvest.

Swiss Chard

- Direct sow outdoors as soon as soil can be worked in early spring.
- Sow 1/4" deep.
- Space 1-2" apart in rows 12-24" apart.
- Thin to 8" apart when plants are 1.5-3" tall.
- Harvest when 8" in length.

Turnip

- Direct sow in late winter-early spring and again in late summer.
- Sow 1/4" deep, 5" apart in rows 1.5-2' apart.
- Roots best harvested in cool weather.
- Harvest greens most anytime.

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Cantaloupe

- Start seeds indoors, 6–8 weeks before last frost.
- In full sun, sow 4–5 seeds over a 12" tall and 1' across hill.
- Thin to 3 per hill when 6" tall.
- Transplant after frost.

Cucamelon

- Start indoors 2–4 weeks before last frost or direct sow after frost.
- Sow 1/2" deep and 12" apart.
- Trellising recommended.
- Harvest when fruits are 1 – 1.5" in diameter, green with white stripes, and taut.
- Harvest every 1–2 days to keep fruits from becoming overripe and seedy.
- Can be grown in containers.

Melon

- Start indoors 4 weeks before last frost. 2–3 seeds per pot. 1/2" deep. Do not disturb roots.
- Direct sow outdoors after last frost. Plant seeds 1/2" deep in hills that are 4' apart.
- Transplant or thin to 3 per hill.

Strawberry

- Start seeds indoors 5–8 weeks before last frost.
- Or sow 2–3 seeds together outdoors 1/8–1/4" deep every 2 feet.
- Thin to 1 plant every 8" when seedlings are a couple of inches tall.
- Likes rich compost soil.

Watermelon

- Start indoors 4 weeks before last frost. 2–3 seeds per pot. 1/2" deep. Do not disturb roots
- Direct sow outdoors after last frost. Plant 2–3 seeds 1/2" deep in hills that are 4–6' apart.
- Transplant or thin to 2 per hill.

Basil

- Warm, sunny location with rich soil.
- Plant in late spring 1/4" deep and 18" apart.
- Start indoors 4 weeks before last spring frost.
- To harvest, cut individual stems as needed.
- Trim back entire plant to 4-5" when it begins to flower.

Dill

- Sow 1/4" deep and 18" apart in late spring in full sun and average soil. Do not start indoors.
- Keep soil evenly moist.
- Cut the leaves anytime as needed.
- For pickling, cut seed heads before flowers appear.
- Allow flowers to produce seeds for dried use.

Oregano

- Start indoors 6-8 weeks before last frost date and transplant in area with full sun 2-4 weeks after last frost.
- Do not cover seeds as they need light to germinate.
- Cut individual leaves anytime.
- Cut mature plant back to 4" before it flowers.

Rosemary

- Start seeds indoors 6-8 weeks before last frost.
- Transplant to garden after frost.
- Harden off before transplanting.

Cilantro/Coriander

- Requires full sun to part shade.
- Start outdoors in early spring as soon as soil can be worked.
- Sow 1/4" deep and 12" apart.
- Sow every two weeks for a continuous harvest.
- Pull entire plant when it's 3-4" tall or harvest leaves when needed.

Fennel

- Direct sow outdoors after last frost date or fall/winter in mild climates. Prefers full sun.
- Do not transplant. Do not plant next to dill.
- Cut individual leaves and stems as needed. Seed heads form in late summer. To harvest seeds, wait until they turn brown then cut entire seed head.

Parsley

- Direct sow in early spring or start indoors 6-8 weeks before last frost date.
- Transplant when 2-3" tall.
- Sow 1/4" deep and 8" apart.
- Slow germination can be improved by soaking seeds overnight and allowing to dry before planting.
- Cut individual stems as needed or harvest entire plant by cutting 1" from the base.

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Anise Hyssop

- Perennial
- Start indoors in early spring.
- Surface sow.
- Transplant outdoors to 12" spacing when seedlings are 3-4" tall.

Aster

- Annual.
- Sow in place in spring.
- Sow 1/4" deep.
- Space plants 6-12" apart.
- Can start plants indoors and grow for several weeks. Then set out after last frost.

Black-Eyed Susan

- Perennial.
- Sow outdoors in early spring through mid-summer or start indoors 6-8 weeks earlier.
- Sow 1/8" deep and cover with fine soil, well pressed down.
- When plants are 2-4" high, thin or transplant 12-15" apart.
- Flowers all summer when planted in full sun.

Clover

- Annual.
- Direct sow in Spring in cold winter climates.
- Sow in place, barely covering.
- Mow when flowers appear.

Amaranth

- Direct sow after danger of frost.
- Surface sow.
- Space 12" apart.
- Requires full sun.
- Tolerates heat and drought.

Bachelor's Button

- Annual.
- Sow in place in early spring.
- Sow 1/4" deep.
- Space plants 8-12" apart.
- Removing spent blooms prolongs the blooming season.
- Self-sows freely.

Calendula

- Annual.
- Direct sow after danger of frost has passed.
- Sow 1/4" deep and 6-12" apart.
- Cut to harvest when flowers are at half bloom.

Daisy

- Perennial.
- Surface sow outdoors, 10-14" apart after danger of frost.
- Moist, well-drained soil in full or partial shade.
- Do not overwater.

FLOWERS

Four O'Clocks

- Annual.
- Sow in average soil in full sun after danger of frost.
- Sow 1/2" deep and 6" apart.
- Thin to 12-18" apart when seedlings are 1-2" high.
- Blooms in summer.

Lavender

- Perennial.
- Start indoors in late winter.
- Sprinkle on moist paper towel and put in fridge 30-40 days until seeds sprout.
- Can be placed in pots and grown indoors until transplanting outdoors after last frost.

Morning Glory

- Direct sow after last spring frost or starts indoors 2-3 weeks earlier and transplant after frost.
- Nick the seed and soak in water for 24 hours, then sow 1/2" deep and 12" apart.
- Prefers full sun
- Plant near a fence or wall, or provide a trellis.

Sunflower

- Annual
- Sow in average soil in full sun after danger of frost.
- Sow 1" deep and 8" apart.
- Thin to 12-18" apart.
- Keep evenly moist.
- Blooms in summer.

Hollyhock

- Perennial.
- Sow in early summer.
- Sow 1/4" deep and 12" apart.
- Thin seedlings 12" apart when 3-4" high.
- Blooms the following spring or summer.

Marigold

- Start outdoors in a sunny location in spring after danger of frost or in late summer in mild climates.
- Can start indoors 4-6 weeks before transplanting.
- Sow 1/4" deep and 2" apart.
- Thin to 12-15" apart.
- Tall marigolds can take a few weeks longer to flower.
- Removed faded flowers to encourage more blossoms.

Poppy

- Annual.
- Direct sow in late fall or spring as soon as soil can be worked.
- Surface sow 10" apart.
- Rich soil with moderate moisture.

Zinnia

- Annual.
- Direct sow after last frost.
- Sow 1/2" deep.
- Requires full sun, rich soil, and moderate moisture.
- Cut frequently or remove spent flowers.

FLOWERS

***Wildflower Mix** has growing instructions on the flaps of the seed packet.*

Online Resources

- Better Homes & Gardens Plant Encyclopedia
 - <https://www.bhg.com/gardening/plant-dictionary/>
- Cornell Cooperative Extension of Nassau County
 - <https://ccenassau.org/horticulture>
- Johnny's Selected Seeds: Grower's Library
 - <https://www.johnnyseeds.com/growers-library/growing-center.html>
- Long Island Native Plant Initiative
 - <http://www.linpi.org>
- Native Plant Finder
 - <https://nativeplantfinder.nwf.org>
- The Old Farmer's Almanac
 - <https://www.almanac.com/>
- ReWild Long Island
 - <https://www.rewildlongisland.org/>
- Seed Savers Exchange: Growing Guides
 - <https://seedsavers.org/learn/growing-guides/>
- Suffolk County LibGuide Seed Saving and Seed Libraries
 - <https://www.suffolktopicguides.org/c.php?g=777847>
- USDA Plant Hardiness Zone Map
 - <https://planthardiness.ars.usda.gov/>

Recommended Reading

- *The Beginner's Guide to Growing Heirloom Vegetables*
by Marie Iannotti
- *The Complete Guide to Seed Saving*
by Robert E. Gough & Cheryl Moore-Gough
- *Gardening for Everyone*
by Julia Watkins
- *The Heirloom Life Gardener*
by Jere & Emilee Gettle
- *Month-by-Month Gardening New York & New Jersey*
by Kate Copsey
- *Rodale's Basic Organic Gardening*
by Deborah L. Martin
- *Seed to Table*
by Luay Ghafari
- *Super Bloom Handbook*
by Jac Semmler
- *The Ultimate Flower Gardener's Guide*
by Jenny Rose Carey

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