

Common Perennials for Winter Sowing

Garden perennials here are listed by common names and suggested zone ranges, though the plants may be hardier beyond the zone listing. Research the plants and see if they will be happy in your own garden. Note: "b" is a Biennial.

If you are unsure as to any seed's ability to germinate via Winter Sowing, then reserve some seed for conventional spring sowing at the end of winter.

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

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Credit to Trudi Davidoff, originator of the Winter Sowing method, Winter Sown Educational and builder of various seed lists on Winter Sowers, Facebook