

The Seed-Starting Countdown

What to start indoors each week, counted back from your own last frost date, and a record of every tray.

START HERE

How to use this kit

35 pages. Print the ones you need; the week pages and logs work on their own.

1. **Find your last frost date.** Use the date your extension office gives you, or pick the nearest station on pages 4–6. The 50 % date is the usual “last frost”.
2. **Date your countdown.** On page 3, write the date each week starts. Week 0 starts on your frost date; every other week is 7 days before or after.
3. **Work one page a week.** Pages 13–25 walk the countdown: the early starts, one page for each week from -10 to frost week, and the weeks after. Each lists what to start, what goes outside, the tasks, and a log.
4. **Keep the record.** Map each tray (pages 26–28), log the seedlings, then note on page 34 what to start earlier or later next spring.

THE ONE RULE
Your last frost date is week 0. Every page in this kit counts from it.

No freeze where you are? Some coastal and far-south places (parts of southern California, south Florida, lowland Hawaii) rarely reach 32 °F, so there is no week 0 to count from. Take your timing from your county extension office’s planting calendar, and use the logs, tray maps and hardening-off pages as they are.

What is in the kit

FRONT

Cover 1

GET READY

How to use this kit 2
Your countdown dates 3
Frost dates by station (1 of 3) 4
Frost dates by station (2 of 3) 5
Frost dates by station (3 of 3) 6
Indoor-start chart 7
Germination reference 8
Setup checklist 9
Seed inventory 10
Germination test 11

THE COUNTDOWN

Opener: The countdown 12
Early starts: weeks -14 to -11 13
Week -10 14
Week -9 15
Week -8 16
Week -7 17
Week -6 18
Week -5 19
Week -4 20
Week -3 21
Week -2 22
Week -1 23
Week 0: frost week 24
After the frost: weeks +1 to +3 25
Tray map: 72-cell 26
Tray map: 50-cell or soil blocks 27
Tray map: 128-cell 28
Seedling log 29

OUT THE DOOR

Opener: Out the door 30
Hardening-off schedule 31
Transplant day log 32
Trouble log 33
Next year: earlier or later 34
Sources 35

THE ANCHOR

Your countdown dates

Write your frost date once. Every week of the countdown gets its real date here.

MY STATION OR SOURCE

LAST FROST 50 %

LAST FROST 10 % (SAFER)

I COUNT FROM

- ☐ the 50 % date (the usual last frost)
- ☐ the 10 % date (frost pocket or low ground)

WEEK 0 STARTS ON

Each week starts 7 days after the one before. Example: if your frost date is April 20, week -6 starts March 9 (42 days earlier) and week +2 on May 4. Each line shows what starts for the first time that week: I indoors, T out, S sow direct.

WEEK	STARTS ON	WHAT BEGINS THIS WEEK	PAGE
-14		I Onion (transplants), Leek	13
-13		I Parsley	13
-12		I Spinach	13
-11		I Cabbage, Broccoli	13
-10		I Kale, Brussels sprouts, Kohlrabi	14
-9		I Lettuce, Cauliflower	15
-8		I Pepper, Eggplant, Swiss chard	16
-7		I Tomato	17
-6		I Basil T Spinach, Kale, Cabbage, Broccoli, Brussels sprouts, Kohlrabi, Collards, Onion (transplants), Leek, Mustard S Spinach, Kale, Kohlrabi, Collards, Turnip, Radish, Pea, Potato, Onion (sets), Mustard	18
-5		keep sowing what is still in window	19
-4		I Cucumber, Watermelon T Lettuce, Cauliflower, Beet, Celery, Swiss chard S Lettuce, Carrot, Beet, Parsnip, Swiss chard	20
-3		I Summer squash, Winter squash, Muskmelon T Parsley	21
-2		I Pumpkin S Parsley, Dill	22
-1		keep sowing what is still in window	23
0		S Bush bean, Pole bean, Cucumber, Summer squash, Sweet corn	24
+1		T Tomato, Cucumber, Sweet potato S Okra	25
+2		T Pepper, Eggplant, Summer squash, Winter squash, Pumpkin, Muskmelon, Basil	25
+3		plant out what is still in window	25

Sources: CSU GardenNotes 720 [2]; UNH When to Plant [6]; Purdue HO-186 [8]; Kentucky ID-128 [12]; Illinois Mustard [14]; UMD Starting Seeds Indoors [15]; CSU 7.409 [16]; Illinois Dill [19]; Illinois Okra [23]

Frost dates by station (1 of 3)

How to read a row. Dates are 32 °F freezes from 30 years of station records. **Last spring freeze:** 90 % = a later freeze is still likely · **50 %** = the median, the usual "last frost date" · **10 %** = a freeze after this happens about 1 year in 10; plant tender crops after it if you want safety. **First fall freeze:** 10 % = early year · 50 % = median · 90 % = late year. Pick the station nearest in distance and elevation; a frost pocket runs later in spring and earlier in fall. * = mild winter (330+ freeze-free days): a freeze is rare, so the dates sit in Dec–Feb; your county extension calendar is the better guide.

STATE	PLACE (STATION)	ELEV. FT	LAST 90 %	LAST 50 %	LAST 10 %	FIRST 10 %	FIRST 50 %	FIRST 90 %	FREE DAYS
AK	Anchorage	120	Apr 24	**May 05**	**May 15**	Sep 18	**Oct 01**	Oct 14	147
AK	Fairbanks	432	May 02	**May 13**	**May 26**	Aug 29	**Sep 13**	Sep 24	121
AK	Juneau	16	Apr 23	**May 04**	**May 18**	Sep 18	**Oct 03**	Oct 20	150
AK	Nome	13	May 20	**Jun 05**	**Jun 26**	Aug 15	**Sep 03**	Sep 22	88
AL	Birmingham	615	Feb 28	**Mar 21**	**Apr 08**	Oct 30	**Nov 11**	Dec 01	236
AL	Mobile	208	Feb 06	**Mar 03**	**Mar 21**	Nov 08	**Nov 25**	Dec 22	268
AR	Fayetteville	1,287	Mar 21	**Apr 08**	**Apr 26**	Oct 14	**Oct 28**	Nov 12	203
AR	Little Rock	258	Mar 02	**Mar 21**	**Apr 06**	Oct 29	**Nov 10**	Nov 25	234
AZ	Flagstaff	7,003	May 21	**Jun 04**	**Jun 19**	Sep 16	**Sep 28**	Oct 09	115
AZ	Phoenix *	1,107	Dec 19	**Jan 05**	**Jan 22**	Dec 18	**Jan 03**	Jan 21	365
AZ	Tucson	2,549	Jan 04	**Feb 05**	**Mar 02**	Nov 21	**Dec 09**	Jan 03	307
CA	Burbank *	741	Dec 12	**Dec 31**	**Jan 15**	Dec 11	**Dec 28**	Jan 15	365
CA	Fresno *	333	Dec 22	**Jan 14**	**Feb 11**	Nov 29	**Dec 14**	Jan 12	337
CA	Sacramento	23	Jan 10	**Feb 22**	**Apr 01**	Nov 09	**Nov 24**	Dec 21	277
CA	San Francisco *	8	Dec 11	**Dec 29**	**Jan 13**	Dec 11	**Dec 26**	Jan 13	365
CO	Colorado Springs	6,181	Apr 22	**May 03**	**May 15**	Sep 26	**Oct 08**	Oct 19	158
CO	Denver	5,414	Apr 23	**May 05**	**May 19**	Sep 27	**Oct 09**	Oct 20	156
CO	Grand Junction	4,858	Apr 11	**Apr 28**	**May 14**	Oct 03	**Oct 16**	Oct 29	171
CT	Hartford	190	Apr 08	**Apr 21**	**May 06**	Oct 03	**Oct 16**	Nov 02	177
DE	Wilmington	79	Mar 26	**Apr 07**	**Apr 21**	Oct 19	**Nov 01**	Nov 15	209
FL	Jacksonville	33	Jan 22	**Feb 25**	**Mar 19**	Nov 17	**Dec 07**	Jan 10	288
FL	Orlando *	90	Dec 30	**Jan 25**	**Feb 26**	Dec 18	**Jan 10**	Feb 10	355
FL	Tallahassee	63	Feb 18	**Mar 11**	**Mar 30**	Nov 03	**Nov 21**	Dec 14	255
FL	Tampa *	19	Dec 27	**Jan 20**	**Feb 10**	Dec 23	**Jan 12**	Feb 05	365
GA	Atlanta	1,010	Feb 23	**Mar 15**	**Apr 04**	Nov 04	**Nov 20**	Dec 10	252
GA	Savannah	46	Feb 04	**Mar 02**	**Mar 25**	Nov 11	**Nov 30**	Dec 28	270
HI	Mauna Loa	11,179	Mar 13	**Apr 12**	**May 18**	Nov 09	**Dec 01**	Jan 07	235
IA	Des Moines	957	Apr 04	**Apr 18**	**May 02**	Oct 04	**Oct 20**	Nov 01	184
IA	Sioux City	1,095	Apr 16	**Apr 29**	**May 14**	Sep 22	**Oct 05**	Oct 18	159
ID	Boise	2,814	Apr 04	**Apr 24**	**May 09**	Oct 05	**Oct 21**	Nov 05	179
ID	Pocatello	4,478	May 06	**May 23**	**Jun 13**	Sep 03	**Sep 18**	Oct 04	117
IL	Chicago	658	Apr 03	**Apr 16**	**May 01**	Oct 15	**Oct 28**	Nov 11	193

Frost dates by station (2 of 3)

STATE	PLACE (STATION)	ELEV. FT	LAST 90 %	LAST 50 %	LAST 10 %	FIRST 10 %	FIRST 50 %	FIRST 90 %	FREE DAYS
IL	Springfield	594	Apr 01	Apr 14	Apr 29	Oct 05	Oct 20	Nov 01	187
IN	Indianapolis	790	Apr 02	Apr 15	May 02	Oct 13	Oct 26	Nov 07	193
IN	South Bend	773	Apr 16	May 01	May 17	Oct 05	Oct 19	Nov 01	170
KS	Dodge City	2,590	Apr 07	Apr 21	May 04	Oct 04	Oct 20	Nov 01	179
KS	Wichita	1,335	Mar 25	Apr 11	Apr 26	Oct 15	Oct 29	Nov 10	199
KY	Lexington	980	Mar 30	Apr 13	May 01	Oct 16	Oct 28	Nov 08	196
KY	Louisville	488	Mar 14	Mar 31	Apr 16	Oct 28	Nov 07	Nov 23	222
LA	New Orleans *	4	Dec 29	Jan 30	Feb 27	Dec 01	Dec 31	Jan 31	333
LA	Shreveport	273	Feb 16	Mar 09	Mar 29	Nov 02	Nov 18	Dec 05	255
MA	Boston	12	Mar 25	Apr 04	Apr 17	Oct 29	Nov 09	Nov 22	218
MD	Baltimore	156	Mar 27	Apr 10	Apr 25	Oct 17	Oct 31	Nov 12	204
ME	Caribou	624	Apr 27	May 07	May 24	Sep 17	Oct 01	Oct 14	143
ME	Portland	45	Apr 16	Apr 26	May 07	Oct 02	Oct 15	Oct 30	170
MI	Detroit	631	Apr 06	Apr 20	May 08	Oct 14	Oct 27	Nov 09	188
MI	Grand Rapids	778	Apr 14	Apr 29	May 15	Oct 04	Oct 20	Nov 02	174
MI	Marquette	665	Apr 26	May 08	May 23	Oct 06	Oct 21	Nov 05	164
MN	Duluth	1,428	Apr 29	May 13	May 29	Sep 18	Oct 01	Oct 16	140
MN	Minneapolis	872	Apr 08	Apr 23	May 07	Oct 01	Oct 18	Oct 31	176
MO	Kansas City	1,005	Mar 30	Apr 13	Apr 29	Oct 09	Oct 24	Nov 05	193
MO	St. Louis	531	Mar 17	Apr 02	Apr 17	Oct 23	Nov 04	Nov 18	215
MS	Gulfport	42	Jan 25	Feb 23	Mar 16	Nov 12	Dec 03	Jan 05	287
MS	Jackson	296	Feb 22	Mar 14	Apr 02	Oct 31	Nov 14	Dec 04	245
MT	Billings	3,581	Apr 20	May 04	May 18	Sep 26	Oct 07	Oct 21	156
MT	Missoula	3,192	May 03	May 16	Jun 01	Sep 12	Sep 26	Oct 08	130
NC	Asheville	2,117	Mar 22	Apr 09	Apr 27	Oct 14	Oct 28	Nov 09	201
NC	Charlotte	728	Mar 12	Mar 30	Apr 14	Oct 22	Nov 03	Nov 17	221
ND	Bismarck	1,658	May 01	May 14	May 27	Sep 15	Sep 27	Oct 09	136
ND	Fargo	900	Apr 27	May 10	May 23	Sep 18	Sep 30	Oct 15	143
NE	Omaha	982	Apr 05	Apr 18	Apr 30	Oct 06	Oct 21	Nov 01	185
NE	Scottsbluff	3,945	Apr 25	May 05	May 18	Sep 21	Oct 04	Oct 15	149
NH	Concord	346	Apr 27	May 08	May 22	Sep 21	Oct 03	Oct 16	146
NJ	Newark	7	Mar 20	Apr 02	Apr 15	Oct 28	Nov 10	Nov 25	222
NM	Albuquerque	5,310	Mar 17	Apr 06	Apr 23	Oct 21	Nov 03	Nov 16	208
NM	Santa Fe	6,344	Apr 22	May 04	May 17	Oct 04	Oct 15	Oct 25	164
NV	Las Vegas *	2,131	Dec 20	Jan 20	Feb 14	Nov 28	Dec 15	Jan 07	333
NV	Reno	4,410	Apr 06	Apr 20	May 05	Oct 11	Oct 23	Nov 03	184
NY	Albany	312	Apr 16	Apr 27	May 11	Oct 03	Oct 15	Nov 01	169
NY	Buffalo	693	Apr 11	Apr 24	May 09	Oct 10	Oct 26	Nov 09	183

NOAA NCEI, U.S. Climate Normals 1991–2020 (32 °F freeze probabilities). Station records, not a backyard forecast.

Frost dates by station (3 of 3)

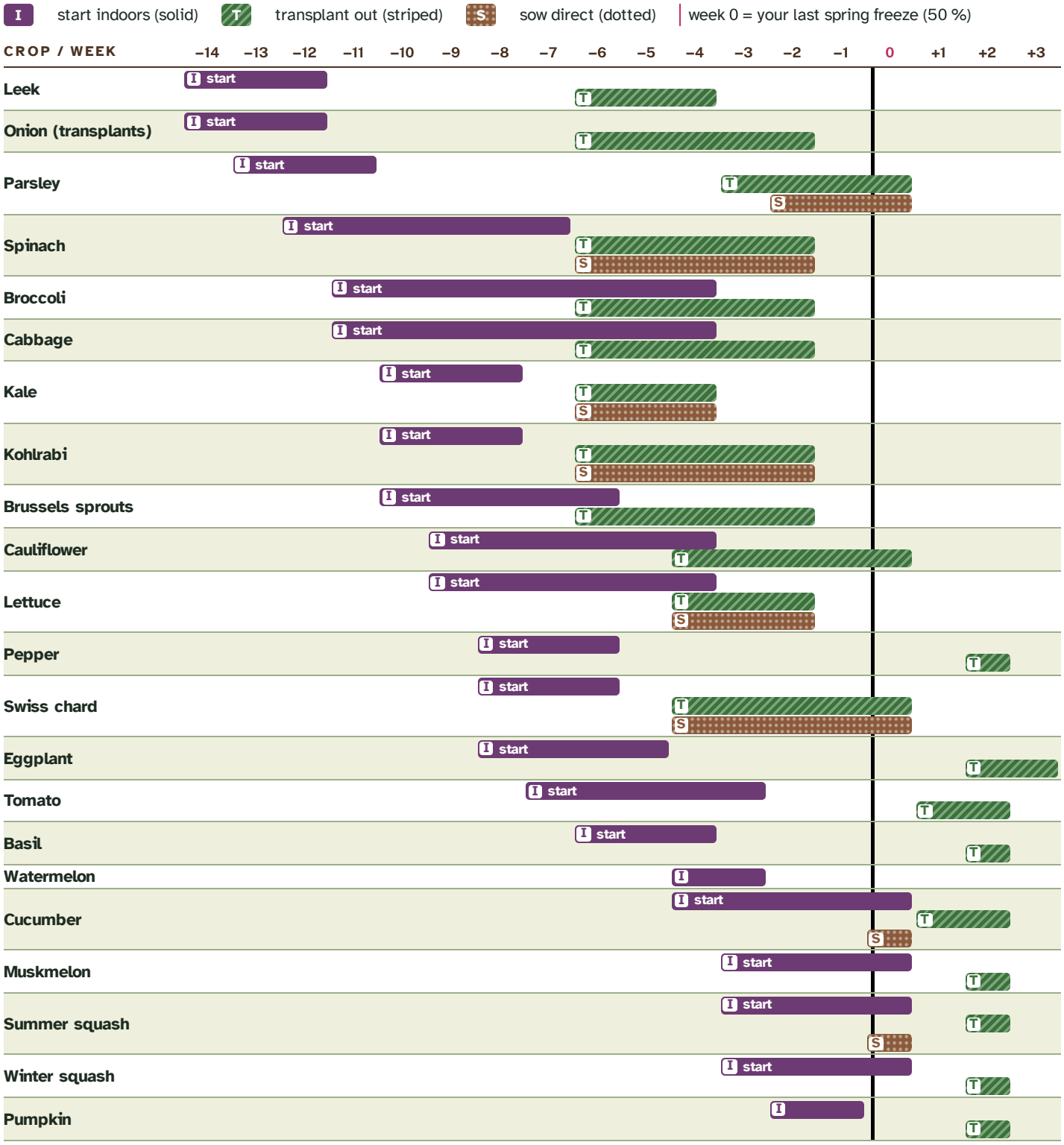
STATE	PLACE (STATION)	ELEV. FT	LAST 90 %	LAST 50 %	LAST 10 %	FIRST 10 %	FIRST 50 %	FIRST 90 %	FREE DAYS
NY	New York	11	Mar 12	Mar 26	Apr 06	Nov 10	Nov 25	Dec 10	244
OH	Cleveland	763	Apr 04	Apr 20	May 05	Oct 21	Nov 03	Nov 17	198
OH	Columbus	810	Apr 04	Apr 18	May 05	Oct 14	Oct 27	Nov 07	191
OK	Oklahoma City	1,285	Mar 16	Apr 04	Apr 20	Oct 21	Nov 02	Nov 17	213
OK	Tulsa	650	Mar 11	Mar 31	Apr 15	Oct 20	Nov 04	Nov 19	220
OR	Medford	1,297	Mar 17	Apr 08	Apr 30	Oct 14	Oct 29	Nov 16	204
OR	Portland	19	Feb 22	Mar 13	Apr 01	Oct 29	Nov 19	Dec 10	247
OR	Redmond	3,043	May 17	Jun 09	Jun 26	Sep 01	Sep 14	Oct 01	98
PA	Harrisburg	340	Mar 27	Apr 09	Apr 25	Oct 16	Nov 01	Nov 15	205
PA	Philadelphia	10	Mar 19	Apr 02	Apr 13	Oct 30	Nov 10	Nov 24	224
PA	Pittsburgh	1,203	Apr 09	Apr 23	May 12	Oct 09	Oct 23	Nov 06	181
RI	Providence	60	Apr 01	Apr 11	Apr 23	Oct 16	Oct 30	Nov 12	199
SC	Charleston	40	Feb 12	Mar 07	Mar 27	Nov 08	Nov 27	Dec 21	266
SC	Columbia	231	Mar 04	Mar 25	Apr 10	Oct 26	Nov 07	Nov 24	229
SD	Rapid City	3,160	May 01	May 12	May 26	Sep 16	Oct 01	Oct 14	139
SD	Sioux Falls	1,430	Apr 18	May 01	May 14	Sep 23	Oct 06	Oct 20	157
TN	Knoxville	962	Mar 14	Apr 01	Apr 17	Oct 21	Nov 02	Nov 15	215
TN	Memphis	254	Feb 27	Mar 16	Apr 04	Nov 02	Nov 16	Dec 03	244
TN	Nashville	600	Mar 13	Mar 31	Apr 16	Oct 22	Nov 03	Nov 18	217
TX	Amarillo	3,587	Mar 29	Apr 13	Apr 29	Oct 14	Oct 27	Nov 08	195
TX	Dallas	560	Feb 17	Mar 08	Mar 26	Nov 06	Nov 24	Dec 12	262
TX	El Paso	3,918	Feb 12	Mar 02	Mar 19	Nov 06	Nov 20	Dec 02	261
TX	Houston	95	Jan 12	Feb 13	Mar 12	Nov 17	Dec 09	Jan 11	300
UT	Cedar City	5,586	May 04	May 21	Jun 08	Sep 17	Sep 29	Oct 14	130
UT	Salt Lake City	4,225	Mar 17	Apr 08	Apr 30	Oct 17	Oct 31	Nov 13	204
VA	Richmond	164	Mar 19	Apr 03	Apr 18	Oct 23	Nov 04	Nov 19	215
VA	Roanoke	1,175	Mar 19	Apr 03	Apr 18	Oct 18	Nov 01	Nov 15	210
VA	Washington	10	Mar 07	Mar 24	Apr 06	Nov 05	Nov 18	Dec 06	241
VT	Burlington	330	Apr 17	Apr 29	May 11	Oct 02	Oct 15	Nov 01	169
WA	Seattle	370	Feb 05	Mar 02	Mar 23	Nov 06	Nov 23	Dec 15	266
WA	Spokane	2,353	Apr 09	Apr 26	May 10	Sep 29	Oct 12	Oct 28	168
WA	Yakima	1,064	Apr 24	May 08	May 27	Sep 23	Oct 04	Oct 17	149
WI	Madison	866	Apr 16	May 01	May 16	Sep 26	Oct 10	Oct 24	160
WI	Milwaukee	670	Apr 06	Apr 19	May 02	Oct 15	Oct 29	Nov 10	192
WV	Charleston	910	Apr 01	Apr 16	May 05	Oct 13	Oct 26	Nov 06	192
WV	Elkins	1,979	Apr 20	May 05	May 21	Oct 01	Oct 12	Oct 25	159
WY	Casper	5,338	May 12	May 26	Jun 10	Sep 05	Sep 22	Oct 04	117
WY	Cheyenne	6,128	May 01	May 12	May 26	Sep 18	Oct 01	Oct 14	141

NOAA NCEI, U.S. Climate Normals 1991–2020 (32 °F freeze probabilities). Station records, not a backyard forecast.

WHAT STARTS WHEN

Indoor-start chart

22 crops to start indoors. Each bar is the window the sources give, in whole weeks. Your dates for each week are on page 3.



Sources: CSU GardenNotes 720 [2]; UNH When to Plant [6]; Purdue HO-186 [8]; Kentucky ID-128 [12]; Illinois Mustard [14]; UMD Starting Seeds Indoors [15]; CSU 7.409 [16]; Illinois Dill [19]; Illinois Okra [23]

Germination reference

What each indoor crop needs to come up, how long its seed stays good, and what it gives back.

CROP	SOIL °F MIN	BEST	MAX	DAYS TO COME UP	DEPTH (IN)	SEED KEEPS (YRS)	START WK	OUT WK	DAYS TO HARVEST	IN-ROW (IN)
Leek	40	**50–80**	90	7–12	0.25–0.5	3	-14…-12	-6…-4	50–80 t	4–6
Onion (transplants)	35	**50–95**	95	7–12	1.5–2	1–2	-14…-12	-6…-2	100–120 t	2–4
Parsley	40	**50–85**	90	—	—	2	-13…-11	-3…0	33 t	9–12
Spinach	35	**45–75**	85	6–14	0.5–1	5	-12…-7	-6…-2	25–60 s	2–6
Broccoli	40	**50–80**	90	3–10	0.5	3	-11…-4	-6…-2	60–80 t	12–24
Cabbage	40	**45–95**	100	3–10	0.5	5	-11…-4	-6…-2	60–120 t	12–18
Kale	—	**50–60**	—	6–8	0.5	5	-10…-8	-6…-4	40–75 s	6–24
Kohlrabi	40	**50–80**	90	3–10	0.5	5	-10…-8	-6…-2	50–70 s	4–6
Brussels sprouts	—	**50–60**	—	6–8	—	5	-10…-6	-6…-2	40–90 t	14–24
Cauliflower	40	**45–85**	100	3–10	0.5	5	-9…-4	-4…0	55–80 t	12–24
Lettuce	35	**40–80**	85	4–10	0.125–0.25	5	-9…-4	-4…-2	40–85 s	4–12
Pepper	60	**65–95**	95	10–20	—	4	-8…-6	+2…+2	65–95 t	12–24
Swiss chard	40	**50–85**	95	7–12	0.5–1	—	-8…-6	-4…0	40–70 s	6–12
Eggplant	60	**75–90**	95	7–14	—	5	-8…-5	+2…+3	60–95 t	18–24
Tomato	50	**60–85**	100	6–14	—	4	-7…-3	+1…+2	65–90 t	18–36
Basil	70	**—**	—	5–7	—	—	-6…-4	+2…+2	14–35 t	2–8
Watermelon	60	**70–95**	110	3–12	1–2	5	-4…-3	—	65–100 s	36–60
Cucumber	60	**60–95**	105	5–10	0.5–1	5	-4…0	+1…+2	45–70 s	12–24
Muskmelon	60	**75–95**	100	3–12	0.5–1.5	5	-3…0	+2…+2	60–90 s	18–36
Summer squash	60	**70–95**	100	3–12	1–2	5	-3…0	+2…+2	40–60 s	18–36
Winter squash	60	**70–95**	100	6–10	1–2	5	-3…0	+2…+2	70–120 s	24–60
Pumpkin	60	**70–95**	100	7–10	1	4	-2…-1	+2…+2	85–130 s	24–60

Most vegetable seed comes up well with the mix at 65–75 °F (Maryland). Min and max are the soil limits for germination; best is the range where it is quick and even. Days to harvest: s = from seed, t = from transplant. — = no source gives this number.

Sources: K-State MF315 [1]; CSU GardenNotes 720 [2]; UGA C963 [3]; Penn State York guide [4]; Virginia Tech 426-331 [5]; NC State Planting Calendar [7]; Purdue HO-186 [8]; Iowa State Fall Planting [9]; UMaine Bulletin 2750 [13]; UMD Starting Seeds Indoors [15]; Illinois Basil [21]

BEFORE THE FIRST SEED

Setup checklist

Check the kit off once, before week -14. It is the same list every spring.

	ITEM	WHAT I HAVE / WHAT I NEED	COST
☐	**Trays and cell inserts** count cells: 72, 50, 128		
☐	**Seed-starting mix** bags		
☐	**Plant labels and a pencil**		
☐	**Lights on a timer** Lights 12–18 hours a day (Kentucky; Maryland says 14–16), fixtures 2–6 in above the plants (Maryland) or 5–10 in from the leaves (Kentucky)		
☐	**Heat mat with thermostat** mix at 65–75 °F suits most seed		
☐	**Watering: bottom tray or mister** moist, not soggy		
☐	**Pots for potting up** sizes		
☐	**Fertilizer for seedlings**		
☐	**Thermometer (soil and air)**		
☐	**Row cover or cold frame for hardening off**		

Capacity check

Cells you have should cover the cells you need (total from the seed inventory, page 10).

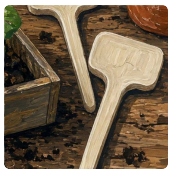
TRAYS × CELLS	CELLS NEEDED	SHELF SPACE (TRAYS)

My setup notes

Sources: Kentucky ID-128 [12]; UMD Starting Seeds Indoors [15]

WHAT IS ON THE SHELF

Seed inventory



One line per packet, before you order more.

CROP	VARIETY	PACKET YEAR	SEEDS LEFT	GERM %	START WK	OUT WK	CELLS

Germ % comes from the test on page 11. Start and out weeks come from page 7. Cells = plants wanted ÷ germ %, rounded up.

Germination test

Test older packets a week or two before their start week.

The paper-towel test. Line up the seeds on a paper towel about 2 in from the edge, fold and roll it, dampen it and squeeze out the extra water. Keep it in a plastic bag somewhere warm, out of direct sun. After 7 days, count what sprouted. Test up to 100 small seeds or 25 large ones; fewer is fine for a small packet. Under 50 %: plan on fresh seed of that variety.

From the count to what to sow. Germ % = sprouted ÷ seeds tested. Seeds to sow = plants you want ÷ germ %. Example: 14 of 20 sprouted is 70 %; for 12 plants, 12 ÷ 0.70 = 17.1, so sow 18. How long each crop's seed keeps: page 8.

CROP / VARIETY	PACKET YEAR	TEST STARTED	COUNTED ON	SPROUTED	TESTED	GERM %	PLANTS WANTED	SOW

Sources: UMaine Bulletin 2750 [13]



Part 2

The countdown

One page for each week from -10 to frost week, with the early starts before and the tender transplants after. Open this week's page, sow what it lists, log the tray.

Early starts: weeks -14 to -11	13
Week -10	14
Week -9	15
Week -8	16
Week -7	17
Week -6	18
Week -5	19
Week -4	20
Week -3	21
Week -2	22
Week -1	23
Week 0: frost week	24
After the frost: weeks +1 to +3	25
Tray map: 72-cell	26
Tray map: 50-cell or soil blocks	27
Tray map: 128-cell	28
Seedling log	29