

Here is a list of **perennial flower seeds** that can be winter sown:

<ul style="list-style-type: none"> • Anemone • Artemesia • Aster • Bachelor's button • Balloon flower • Bee balm • Bellflower • Blackberry lily • Blanket flower • Blazing star • Butterfly weed • Canada lily • Canterbury bells • Catmint • Chinese lanterns • Chrysanthemum • Cinquefoil • Columbine • Coneflower (Echinacea) • Coral Bells • Coreopsis 	<ul style="list-style-type: none"> • Cranesbill • Creeping thyme • Daylily • Delphinium • Dianthus • English daisy • Evening primrose • False Indigo • Flax • Foxglove • Gaura • Globe thistle • Helenium • Hellebore • Hollyhock • Lady's mantle • Lamb's ears • Lily of the valley • Lupin • Milkweed 	<ul style="list-style-type: none"> • Pasque flower • Penstemon • Phlox • Pincushion flower • Pinks • Plumbago • Poppy • Primrose • Rudbeckia • Salvia • Sea holly • Sea thrift • Shasta daisy • Sweet peas • Sweet violet • Toad lily • Verbena • Veronica • Viola • Yarrow
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Perennial flower seeds are generally excellent for winter sowing. They can typically be winter sown in very cold climates if the mature plant will also be hardy to the local zone.

Here is a list of **hardy annual flower seeds** that can be winter sown:

<ul style="list-style-type: none"> • Blanket flower • Calendula • California poppy • Cape daisy • Cape marigold • Celosia • China aster • China pinks • Cornflower • Cosmos • Forget-me-not • Larkspur • Mexican sunflower 	<ul style="list-style-type: none"> • Morning glory • Nasturtium • Nigella • Ox-eye daisy • Petunia • Pincushion flower • Snapdragons • Stock • Strawflower • Sunflower • Sweet alyssum • Sweet peas • Valerian
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Hardy annuals and some half-hardy annuals can be winter sown somewhat easily. This even includes some heat-loving plants such as sunflowers.

Here are some **vegetable seeds** that can be winter sown:

<ul style="list-style-type: none">• Artichoke• Beets• Bok choy• Broccoli• Brussel sprouts• Cabbage• Carrots• Celery• Chard• Collards• Corn (choose early varieties)• Cucumbers (sow in late winter)• Garlic	<ul style="list-style-type: none">• Kale• Lettuce• Onions• Parsnip• Peas• Peppers (sow in late winter)• Pumpkins (sow in late winter)• Radish• Scallions• Shallots• Spinach• Squash (sow in late winter)• Tomatoes (sow in late winter)
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Most of these crops are cool-season crops and can be winter-sown any time of year. For the warm season crops, like tomatoes and squash, wait until the end of winter before you winter sow them, just so they don't rot after sitting for too long in cold, wet conditions. That said, it's common to see volunteer pumpkins and tomatoes sprouting in last year's garden!