

Perennials for Winter Sowing

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Use our seed lists to help you choose the right plants for your Winter Sowing projects and needs.

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.

As always, you can do a bit of research on the seeds you want to try germinating with Winter Sowing; learn more about the plants and see if they will be happy in your own garden. If you are unsure as to any seed's ability to germinate via Winter Sowing where you are then do hold some seeds back to winter sow close to the very end of winter.

Aster zones: 4-9
Artemesia 3-8
Baby's Breath 4-9
Balloon Flower 4-9
Bee Balm 4-9
Bellflower 3-8
Blanket Flower 3-10
Blue-Eyed Grass 5-8
Blue Fescue Grass 4-9
Blackberry Lily 5-9
Blazing Star 4-9
Butterfly Weed 3-9
Canterbury Bells (b) 3-8
Carnation 4-8
Catmint 5-9
Candytuft 3-8
Cinquefoil 5-8
Chinese Lanterns 5-8
Chrysanthemum 5-10
Clematis 5-9
Coral Bells 3-9
Coreopsis 4-10
Coneflower 3-8
Cranesbill 5-8
Creeping Thyme 4-9
Cupid's Dart 5-10

Daylily 4-10
Delphinium 3-7
English Daisy 4-8
Evening Primrose 5-8
Everlasting Sweet Pea 5-9
False Indigo 3-9
Flax 5-9
Foxglove (b 4-8) (p 3-8)
Gaura 5-8
German Statice 3-9
Geum 5-7
Globe Thistle 3-8
Goat's Beard 3-7
Heather 5-8
Helenium 4-8
Hardy Hibiscus 5-10
Helleborus 3-8
Hollyhock 3-9
Hosta 3-9
Iris 4-9
Jack-in-the-Pulpit 5-9
Jupiter's Beard 5-8
Joe-Pye Weed 5-8
Lamb's Ears 4-8
Lily-of-the-Valley 3-8 Lily
(Oriental varieties) 4-8
Lupine 4-8
Malva 4-8
Meadowsweet 3-8
Mountain Bluet 3-8
Obediant Plant 4-8
Ox-Eye Daisy 3-8
Pasque Flower 5-7
Penstemon 3-8
Phlox 4-8
Pigsqueak 3-8
Pincushion Flower 3-8
Pinks 3-9
Plumbago 5-9
Poppy 4-9
Prairie Coneflower 3-10
Prairie Sunflower 4-10
Primrose 5-8
Pyrethrum 3-7
Red Hot Poker 6-10
Rudbeckia 3-9
Rose Campion 4-8
Russian Sage 3-9
Salvia (varies by species 4-9)
Sea Holly 5-9
Sedum (varies by species 3-9)
Shasta Daisy 5-9
Spurge 4-9

Sundrops 4-8
Toad Lily 4-9
Veronica 3-10
Viola 4-7
Yarrow 3-10

COMMON NATIVES

Allium cernuum - nodding onion
Amsonia tabernaemontana - eastern bluestar
Aquilegia canadensis - red columbine
Asclepias incarnata - swamp MW
Asclepias sullivantii - prairie MW
Asclepias tuberosa - butterfly MW
Asclepias syriaca- common MW
Baptisia sp.
Coreopsis sp.
Dalea sp.
Delphinium sp.
Echinacea sp.
Eryngium sp.
Eupatorium sp.
Filipendula rubra
Gaillardia sp.
Gentiana sp.
Helenium sp.
Heuchera sp.
Hibiscus sp.
Hypericum sp.
Liatris sp.
Linum sp.
Lonicera sp.
Lobelia sp.
Lupinus sp.
Monarda sp.
Penstemon sp.
Polemonium sp.
Ratibida sp.
Rudbeckia sp.
Ruellia humilis
Sedum sp.
Solidago sp.
Symphyotrichum sp. (Aster)
Tradescantia sp.
Verbena sp.
Vernonia sp.
Viola sp.
Zizia sp.
Almost all native grasses and sedges can be winter sown