

Common Flower Perennials for Winter Sowing

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 research the seeds you want to try germinate 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 4-9
Artemesia 3-8
Astilbe 4-8
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 4-9
Blackberry Lily 5-9
Blazing Star 4-9
Blue Beard 7-10
Butterfly Weed 3-9
Broom 6-9
Cactus (varies by species, zones 3-10 included)
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)

Fleabane 6-9
Fountain Grass 6-9
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
Iceplant 6-10
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
Leadwort 7-10
Lily-of-the-Nile 6-10
Lily-of-the-Valley 3-8
Lily (Oriental varieties) 4-8
Lupine 4-8
Malva 4-8
Meadowsweet 3-8
Money Plant (b) 5-9
Mountain Bluet 3-8
Obediant Plant 4-8
Ox-Eye Daisy 3-8
Pampas Grass 7-10
Pasque Flower 5-7
Penstemon 3-8
Persian Buttercup 7-10
Peruvian Lily 7-10
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 Champion 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
Sea Pink 6-8
Snow-in-the-Summer 3-7
Spurge 4-9
Sundrops 4-8
Toad Lily 4-9
Verbena 6-10
Veronica 3-10
Viola 4-7
Yarrow 3-10