

Perennials to winter sow:

- Lupine
- Milkweed
- Coneflower
- Black-eyed Susan
- Salvia
- Yarrow
- Daisy
- Perennial geranium
- Turtlehead
- Catmint
- Baptisia
- Columbine
- Delphinium
- Foxglove
- Hyssop
- Asters
- Monarda
- Blazing star
- Bellflowers
- Anemone
- Hollyhock
- Delphinium
- Joe Pye Weed
- Goldenrod
- Rose Campion

Annuals to winter sow:

- Snapdragon
- Pansy
- Poppies
- Marigold
- Cosmos
- Bachelor's buttons
- Love-in-a-mist
- Sunflower
- Calendula
- Verbena
- Veronica
- Alyssum
- Nigella
- Nicotiana
- Statice
- Strawflower
- Scabiosa
- Snapdragons
- Gaillardia
- Stock
- Zinnias

Vegetables to winter sow:

- Kale
- Broccoli
- Cauliflower
- Onions
- Scallions
- Brussels sprouts
- Cabbage
- Kohlrabi
- Beets
- Spinach
- Lettuce
- Swiss chard
- Bok Choy

Herbs to winter sow:

- Dill
- Parsley
- Oregano
- Lavender
- Cilantro
- Sage
- Chives
- Mint
- Sweet marjoram
- Chamomile
- Basil
- Borage

Natives to winter sow:

Most natives for our region can be winter-sown. That's what happens in the wild. For more information on how much cold time they need for germination, check the websites for Prairie Nursery and Prairie Moon Nursery for specific plants.

Some natives need only 10 days of cold stratification, or 30 or 60. Some need as much as 90 or 120 days.

There are some native species listed in the above section on perennials to winter sow; but, there are many more to consider.