

HERBS



Seeds That Benefit From Cold Stratification



Notes:

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Flowers & Herbs

Seed Type	Recommended stratification period	Seed Type	Recommended stratification period
agrimony	30 days	chamomile	4-6 weeks
angelica	refrigerate dry seeds until use	chinese lantern	4-6 weeks
anise hyssop	30 days	columbine	4-6 weeks
arnica	30 days	coneflower	1 month
artichokes	4-6 weeks	echinacea	1 month
asclepias (milkweed)	3-6 weeks	gentian	2-3 months
astragalus	21 days	geranium, wild	2-3 months
autumn olive	8-12 weeks	ginseng	18 months (two winters)
bachelor buttons	5 days	goldenrod	2 months
bee balm / bergamot	30 days	goldenseal	2-3 months
betony	21-90 days	good king henry	10 weeks
black/blue cohosh	60 days	hollyhocks	2 weeks
boneset	14 days	hops	1-3 months
butterfly weed	30 days	Joe Pye Weed	30 days
calamus	30 days	lady's mantle	2 weeks warm then 4 weeks of chilling
catmint	24 hours	larkspur/delphinium	2 weeks
catnip	24 hours	lavender	3-6 weeks

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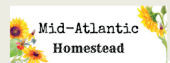


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Seed Type	Recommended stratification period	Seed Type	Recommended stratification period
lemon balm	1 week	rosemary	2-3 months
licorice	3-4 weeks	rudbeckia	1 month
lobelia	2-6 weeks	sage	1 month
lupine	1-2 weeks	st. john's wort	1 month
marshmallow	refrigerate dry or damp seeds 3-4 weeks	scabiosa	6-8 weeks
meadowsweet	3 months	schisandra	30 days warm (70F), then 30 days cold (40F)
motherwort	2 weeks	sea kale	4-6 weeks
mountain mint (pennyroyal)	1-2 days	sedums	2 weeks
mugwort	2 weeks	self heal	2 weeks
mullein	4-6 weeks	skullcap	1 week
oregano	1 week	soapwort	2-4 weeks
oregon grape (mahonia)	90 days (keep moist)	solomon's seal	3 weeks
penstemon (beardtongue)	8-12 weeks	spikenard	Best results: direct sow fall; or 90 days fridge
perennial sunflowers	30 days	stinging nettle	1-2 days
phlox	10 weeks (after 2 wks warm moisture)	sweet cicely	3 months
plantain	2 weeks	thyme	2 wks warm moist then 4-6 weeks cold moist
primrose	2 months	trillium	2 wks warm moist then 4-6 weeks cold moist



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Vegetables

Seed Type	Recommended stratification period	Seed Type	Recommended stratification period
valerian	1 month	carrots	only 7-14 days
vernonia/ironweed	1-3 months	celery	only 7-14 days
vervain	1 month	chives	2 weeks warm moist, 1 month cold moist (34F)
violet/violas	1-3 months	parsnips	only 7-14 days
wintergreen	1-2 months		
witch hazel	18 months: alternate 4 months warm, 3 months cold		
wormwood	1 month		

*signifies that these seed need light to germinate

Sources:

- Baker Creek Heirloom Seeds: <<https://www.rareseeds.com/>>
- Barbolian Fields <<http://barbolian.com/cold-stratified-seeds/>>;
- Gardening Know-How <<https://www.gardeningknowhow.com/garden-how-to/propagation/seeds/seed-stratification.htm>>;
- Johnny's Selected seeds: Growing information;
- Morning Chores: <<https://morningchores.com/seed-stratification/>>
- Practical Self Reliance <<https://practicalselfreliance.com/>>
- The Rustic Elk: <<https://www.therusticelk.com/stratify-seeds/>>
- Seeds Needs: <<https://www.seedneeds.com/>>
- Southern Exposure Seeds: <<https://blog.southernexposure.com/2021/02/how-why-to-stratify-seeds/>>
- Strictly Medicinal Seeds <<https://strictlymedicinalseeds.com/>>
- Territorial Seed Company: <<https://territorialseed.com/>>

