

# Seed Starting Journal

Use this chart to keep track of important dates for sowing seeds.

- Write the seed type, variety, and number of weeks before frost from the seed packet or planting instructions into the journal.
- Next, calculate the last day of frost in your area, and count back the weeks to get the sowing date.
- Calculate the planting date from the seed packet or planting instructions.
- Add any specifics to the notes section.

Last day of frost: \_\_\_\_\_

Seed Type	Variety	# Weeks Before Last Day of Frost	Sowing Date	Planting Date	Notes
<i>Tomato</i>	<i>Chocolate Sprinkles</i>	<i>6</i>	<i>04/12</i>	<i>05/24</i>	<i>sown indoors / pot up 05/05</i>

