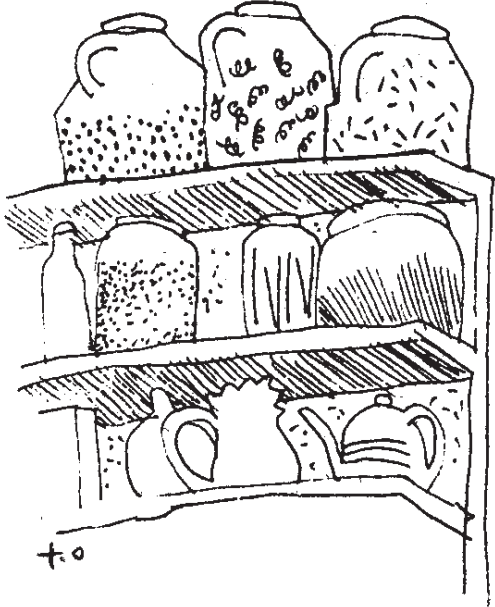




Medicinal Herb Planting Calendar

This calendar includes medicinal herbs that grow well in Maine with dates for indoor seed starting and transplanting out of seedlings as well as information for direct seeding outdoors. Approximate dates are based on USDA Plant Hardiness zone 5B and may need to be adjusted to your zone.

Date	Start Indoors	Start Outdoors	Transplant Out
February 22	astragalus, catnip (2/22 to 3/22), clary sage ⁺ (2/22 to 3/22), echinacea, elecampane, feverfew (2/22 to 3/15), lemon balm (2/22 to 3/15), marshmallow (2/22 to 3/15), motherwort (2/22 to 3/15), skullcap, St. John's wort (2/22 to 3/15), stinging nettle (2/22-3/15), wood betony, yarrow (2/22 to 3/15)		
March 1	anise hyssop (3/1 to 3/15), blue vervain		
April 7	calendula* (4/7 to 5/15), chamomile* (4/7 to 5/15), tulsi* (4/7 to 5/15)		
May 1			catnip, echinacea, elecampane, feverfew, lemon balm, marshmallow, motherwort, skullcap, St. John's wort, stinging nettle, wood betony, blue vervain, yarrow
May 15		calendula (5/15 to 6/1), chamomile (5/15 to 6/1)	anise hyssop, astragalus, clary sage, calendula (5/15-6/15), chamomile (5/15- 6/15), tulsi (5/15-6/15)

Key

Perennial — All herbs listed, unless marked, are traditionally grown as perennials, meaning that, once established, they will return each year.

+ Biennial — Plants that complete their life cycle in two years.

* Self-sowing annual — Plants complete their life cycle in one growing season and produce viable seed that can germinate the following year, allowing the plant to establish for another growing cycle.