

Seed Type	Why it's good for beginners	Recommended varieties	Sow method	Sowing depth	Spacing	Days to maturity	Sun requirement
Radish	Super fast harvest, low effort	Cherry Belle, French Breakfast	Direct sow	½ inch / 1.3 cm	1–2 in / 3–5 cm	20–30	Full sun
Lettuce	Quick growth, cut-and-come-again	Black Seeded Simpson, Buttercrunch	Direct sow	¼ inch / 0.6 cm	6–8 in / 15–20 cm	30–50	Partial–full sun
Bush Beans	Reliable, no support needed	Provider, Contender	Direct sow	1 inch / 2.5 cm	4–6 in / 10–15 cm	50–60	Full sun
Cherry Tomatoes	High yield, forgiving	Sweet 100, Sungold	Start indoors	¼ inch / 0.6 cm	18–24 in / 45–60 cm	60–75	Full sun
Zucchini	Heavy producer, easy care	Black Beauty, Dark Star	Direct sow	1 inch / 2.5 cm	24–36 in / 60–90 cm	45–60	Full sun
Spinach	Cool-season success	Bloomsdale, Space	Direct sow	½ inch / 1.3 cm	4–6 in / 10–15 cm	30–45	Partial sun
Carrots	Simple, stores well	Nantes, Danvers	Direct sow	¼ inch / 0.6 cm	2–3 in / 5–8 cm	60–75	Full sun
Peas	Fast, sweet harvest	Sugar Snap, Little Marvel	Direct sow	1 inch / 2.5 cm	2 in / 5 cm	55–70	Full sun
Beets	Dual harvest (root + leaves)	Detroit Dark Red, Early Wonder	Direct sow	½ inch / 1.3 cm	3–4 in / 8–10 cm	50–65	Full sun
Kale	Hardy, long harvest	Red Russian, Curly Green	Direct sow	¼ inch / 0.6 cm	12–18 in / 30–45 cm	50–65	Partial–full sun
Swiss Chard	Continuous harvest	Bright Lights, Fordhook Giant	Direct sow	½ inch / 1.3 cm	10–12 in / 25–30 cm	50–60	Partial–full sun

Tips for Successful Seed Starting

- **Maintain consistent moisture:** Keep the soil consistently moist, but not waterlogged.
- **Provide adequate light:** Once seedlings emerge, provide them with plenty of light.
- **Harden off seedlings:** Gradually acclimate seedlings to outdoor conditions before transplanting.

Happy Growing! 🌱