

Growing herbs from seeds is not much different than growing vegetables, with two big exceptions. Many herbs take much longer to germinate and have lower germination rates than vegetables. Patience is essential when growing herbs! It is not unusual for seed to take two to four weeks to germinate, although some herbs are much faster.

For most herbs, a germination temperature of 70°F is optimal. If you keep your thermostat lower, you should invest in a heat mat to start your seeds. Also, some herb seeds should not be covered with soil because they need light to germinate. With those herbs, which are identified below, you should simply press the seed into moist seed-starting mix, then keep the seed and soil moist by misting often, and covering with a plastic lid, a piece or row cover, or a thick layer of vermiculite.

A few herbs need to be chilled before they will germinate. The best success is usually achieved by sowing the seeds in moist planting mix, putting the container in a plastic bag, and storing it in the refrigerator at about 40 degrees F for two to three weeks. If you don't have space in the refrigerator, you can mix the seeds into moist vermiculite or seed starting mix in a zip-lock bag and put it in the refrigerator.

The table below shows recommended practices for starting the herb seeds that we sell at Seeds from Italy:

<p style="text-align: center;">Seeds from Italy Guide to Starting Herb Seeds</p>					
	Germination temperature degrees F	Light or Cover	Days to Germinate	Best Growing Temperature	Notes
Angelica	60-65	Light	21-30	60-65	Sow seeds but don't cover them; put in plastic bag, and place in refrigerator for 2-3 weeks.
Anise	70	Cover	10-14	60-65	
Althea	60	Cover	14-21	60-65	Sow seeds in moist potting mix; put in plastic bag and place in refrigerator for 2-3 weeks.
Basil	70	Cover	5-7	60-65	

Borage	70	Cover	5-7	60-65	
Chamomile	60	Light	10-14	55-60	
Chervil	60	Light	7-14	55-60	
Chives	70	Cover	14	60	Plant 10-15 seeds per pot and transplant as a clump
Coriander/ Cilantro	60	Cover	7-10	55-60	Cilantro is the leaf; coriander is the seed. Both are used in cooking.
Dandelion	60	Light	7-21	55-60	
Dill	60	Light	5-10	55-60	
Fennel, leaf	70	Cover	7-10	55-60	
Lavender	65-75	Light	14-21	55-60	
Lovage	70	Cover	7-14	55-60	
Marjoram	70	Cover	4-8	55-60	
Oregano	70	Cover	4-8	50-55	
Parsley	70	Cover	14-21	60-65	Soak seeds overnight before planting.
Peppermint	70-75	Cover	10-14	55-60	Like most mints, this can be invasive.
Rosemary	70	Light	10-14	55-60	Freeze seed for a week before sowing; rosemary grows very slowly, so start seeds early.

Sage	70	Cover	6-10	55-60	Freeze seed for a week before sowing.
Savory	70	Light	10-14	60-65	
Thyme	70	Cover	3-7	55-60	