

Species	Annual	Biennial	TSW [g] approx.	Seed rate [g/100 m ²] approx.	Row/plant spacing [cm]	Seed rate for pot cultivation ~ [g/1000 pots]	Sowing time I – XII (Jan-Dec)
Basil (<i>Ocimum basilicum</i> L.)	•		1.5–1.8	DS: 30 VK: 5–10	25–30/25	60	year-round, LK, warmth
Borage (<i>Borago officinalis</i> L.)	•		15–30	DS: 500, thin later	30/20–25	150	IV–VI
Chervil (<i>Anthriscus cerefolium</i> (L.) Hoffm.)	•		2–2.5	DS: 30–50	10–15	45	III–VI, LK
Chives (<i>Allium schoenoprasum</i> L.)		•	1–1.5	DS: 60–100 VK: 35–45 seeds/pot	row spacing: 30–40 plantings: 25–30/25	–	VK uG: II or VI–beg. VIII FL: III–IV or VIII
Coriander (<i>Coriandrum sativum</i> L.)	•		3	DS: 50	25/15–25	80–100	IV
Dill (<i>Anethum graveolens</i> L.)	•		1–2	DS: 80–100	25–30	55	IV–VI
Fennel, common (<i>Foeniculum vulgare</i> Mill.)	•		4–6	DS: 40–60 VK: 10 g/1000 Pfl.	40/50	20	from III
Garlic Chives (<i>Allium tuberosum</i> Rottler ex Spreng.)		•	3	DS: 120–150 VK: 5 g/1000 Pfl.	30	60	III–VIII
Hyssop (<i>Hyssopus officinalis</i> L.)		•	0.9–1.2	DS: 80 VK: 2 g/1000 Pfl.	50/30	20	from mid V, LK
Lavender (<i>Lavandula angustifolia</i> Mill.)		•	1	DS: 20 VK: 2 g/1000 Pfl.	30/30	–	XII–III, LK
Lemon Balm (<i>Melissa officinalis</i> L.)		•	0.5–0.8	VK: 4 slow germination	30/40	6	III–IV LK
Lovage (<i>Levisticum officinale</i> W.D.J. Koch)		•	2–5	DS: 50–80 VK: 20	50/40–50	50	uG from III FL IV–V
Mint (<i>Mentha spicata</i> L.)		•	0.05	VK: 2, fall planting	30/30	2	III, LK, prechilling
Oregano (<i>Origanum vulgare</i> L.)		•	0.1	DS: 40, VK: 2	25/25	3	from IV, LK
Parsley (<i>Petroselinum crispum</i> var. <i>crispum</i> /var. <i>neapolitanum</i>)		•	1.2–1.8	VK: 3–5 seeds/pot DS (FL): 40–100 DS (uG): 20	20–30	20	FL II - VII DS uG: VIII–IX
Parsley Root (<i>Petroselinum</i> <i>crispum</i> var. <i>tuberosum</i>)		•	1.3–1.5	DS: 10–30		–	III–beginning V
Pimpinella (<i>Sanguisorba minor</i> Scop.)		•	6–10	DS: 300 VK: 15 g/1000 Pfl.	25–30/20	80	from IV
Purslane (<i>Portulaca oleracea</i> L. ssp. <i>sativa</i>)	•		0.4–0.6	DS: 30	20	–	from mid V LK
Rosemary (<i>Rosmarinus officinalis</i> L.)		•	0.7–1.3	VK: 20	40/30	30	uG from II
Sage (<i>Salvia officinalis</i> L.)		•	5–7	DS: 120–150	30/40	100	V, LK
Salad Rocket (<i>Eruca sativa</i> Mill.)	•		2	DS: 100 sowing depth 0.5 cm	15–20	40	FL III–IX uG year-round
Sorrel (<i>Rumex acetosa</i> L.)		•	0.8–1	DS: 200, thin later	25/10	15–20	III–V LK
Summer Savory (<i>Satureja hortensis</i> L.)	•		0.5–0.8	DS: 80–100 VK: 2–5	25–30/25	10	IV–VI LK
Tarragon (<i>Artemisia dracunculus</i> L.)		•	0.2	DS: 30–50 VK: 2–5	50/50	5	III–IV LK
Thyme (<i>Thymus vulgaris</i> L.)		•	0.2–0.3	DS: 80, VK at 15–18°C	35–45/20–25	6	IV–VI LK
Watercress (<i>Nasturtium officinale</i>)		•	0.2–0.3	DS (FL): 30 DS (uG): 20–30	15/15	1.5–3	mid V – mid VIII
Wild Rocket (<i>Diplotaxis tenuifolia</i> (L.) DC.)	•		0.25	DS: 20–40 sowing depth 1 cm	15–20/1.5	5	FL III–IX uG year-round
Winter Purslane (<i>Claytonia perfoliata</i>)	•		0.5	DS: approx. 50	5–15	–	mid IX – III, germ.temp.<12°C
Winter Savory (<i>Satureja montana</i> L.)		•	0.8–1	DS: 60	50/40	10	from V, LK

DS = direct sowing, VK = precultivation, Pfl. = plants, LK = requires light for germination, uG = greenhouse, FL = open field, EPT = pot, TSW = thousand seed weight, germ. temp. = germination temperature, beg. = beginning
Note: Depending on climate, location and cultivation, recommendations can differ from above table.