

# Living and Lovin Herbs Podcast

## Randel's Rule of Thumb For Starting Seeds Indoors and Out

Podcast Notes from Interview with Randel Agrella, Horticulturist  
Parsnippty Farm, Fort Fairfield Maine

### ***Start plants that take longer to grow in your current climate:***

For example in the northern colder climates these plants should be started indoors.

- Tomatoes
- Peppers
- Eggplants

### ***Plants that can be direct seeded outdoors in the ground:***

Plants that have large seeds -

- Squashes
- Melons
- Cucumbers
- Beans
- Root Crops

Stay away from growing plants that are not good for your climate - for example: trying to grow plants from warmer or tropical climates in colder northern zones – bananas and rosemary.