

Starting Seeds Indoors

How to grow your own plants!



Who are we?



Tracie Ward

Vegetable Team Leader in her 35th year at Russell's Garden Center!



Sarah Pellegrini

3rd year Seasonal Veggie Grower here at Russell's. Home grower for over 35 years.



Workshop Topics Overview



1 Seeds

3 Containers

5 Sowing

7 Temperature
& Light



2 Timing

4 Soil

6 Watering

8 Seedlings

9 What's Next?





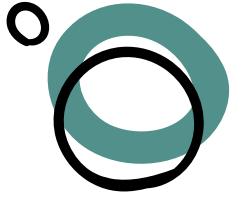
“I grow my own vegetables and herbs. I like being able to tell people that the lunch I'm serving started out as a seed in my yard.”

- Curtis Stone

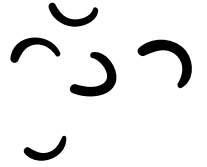




Seeds



Seed Overview



- Choosing what to start, where and when
- How to read a seed packet
 - Terminology (germination, maturity, etc.)
 - Important details
- Storing seeds



Ask yourself these questions first



What?

What do I want to grow?

What can I grow?

What do I already have?



Where?

Where will I start my seeds?

Where will my plants end up?



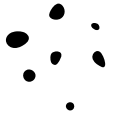
When?

When do I need to start?

When will my seedlings
come up?



How to read a seed packet



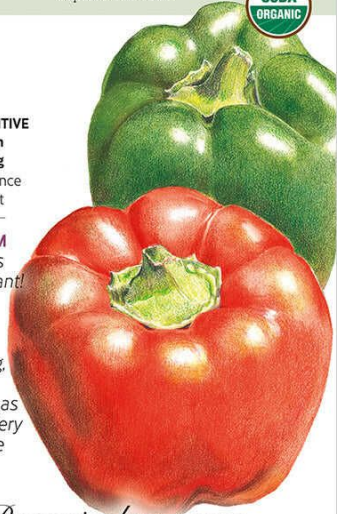
Frost Info

FROST SENSITIVE
75 DAYS from
transplanting
after last chance
of spring frost

Maturity

HEIRLOOM
Two colors
on one plant!
Crisp and
flavorful,
excellent
for stuffing,
roasting,
grilling, or as
a snack. Very
productive
plant.

PEPPER SWEET
California Wonder
Capsicum annuum



Botanical INTERESTS®

PEEL BACK FLAPS
MORE INFO INSIDE



PEPPER
California Wonder



Seedling

Days to Emerge:
10 - 25 Days

Seed Depth:
1/4"

Seed Spacing:
Start indoors

Row Spacing:
24" - 36"

Thinning:
Start indoors, plant
seedlings 18" - 24"
apart outside

Maturity:
75 Days from
transplanting

Date Seed Sown:

An old-time favorite since 1928 for good reason! 'California Wonder's' large, uniform shape makes it ideal for stuffing. Delicious grilled, they are perfect for shish kabobs. Peppers left on the plant will turn a beautiful, bright red, and have more vitamin C than an orange! Good container variety, and dependable performer even in short season climates. *This packet yields approximately 24 plants when started indoors.*

When to sow outside: For mild climates only; 2 to 4 weeks after your average last frost date, when soil temperature is at least 70°F.

When to start inside: RECOMMENDED: 8 to 10 weeks before transplanting. Ideal soil temperature for germination is 70°-90°F. Transplant seedlings outside 2 to 4 weeks after your average last frost date, and when daytime temperatures are at least 70°F, and nighttime temperatures are at least 55°F.

cut out for 20 plant tag

OPEN POLLINATED
AND
UNTREATED



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Lot #1 • Packed for 2023
Sell by 12/31/2023

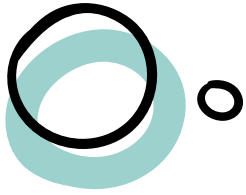
Germination

Seed Depth

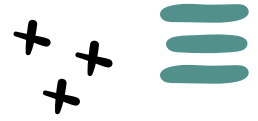
Where to start

Spacing





Storing Your Seeds



- Seeds must stay dry
- Keep in a cool location
- Air tight containers



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Timing



Seed Starting Options



Starting Indoors

vs.

Direct Sowing

allows us to extend our growing season by giving plants a head start they wouldn't get in the cold of our climate.

is planting seeds directly outside that will succeed in our climate and/or has a shorter growing period.

We're focusing on **Starting Indoors** today.



Start Seeds Indoors Plant Seed/Transplant Harvest

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
				Beans	Beans	Beans	Beans	Beans	Beans		
		Beets	Beets	Beets	Beets	Beets	Beets	Beets	Beets		
		Broccoli	Broccoli	Broccoli	Broccoli	Broccoli	Broccoli	Broccoli	Broccoli		
			Brussel Sprouts	Brussel Sprouts	Brussel Sprouts	Brussel Sprouts	Brussel Sprouts	Brussel Sprouts	Brussel Sprouts		
			Cabbage	Cabbage	Cabbage	Cabbage	Cabbage	Cabbage	Cabbage		
		Carrots	Carrots	Carrots	Carrots	Carrots	Carrots	Carrots	Carrots		
		Cauliflower	Cauliflower	Cauliflower	Cauliflower	Cauliflower	Cauliflower	Cauliflower	Cauliflower		
			Corn	Corn	Corn	Corn	Corn	Corn	Corn		
			Cucumber	Cucumber	Cucumber	Cucumber	Cucumber	Cucumber	Cucumber		
		Kale	Kale	Kale	Kale	Kale	Kale	Kale	Kale		
		Lettuce	Lettuce	Lettuce	Lettuce	Lettuce	Lettuce	Lettuce	Lettuce		
			Onions	Onions	Onions	Onions	Onions	Onions	Onions		
		Peas	Peas	Peas	Peas	Peas	Peas	Peas	Peas		
			Peppers	Peppers	Peppers	Peppers	Peppers	Peppers	Peppers		
		Spinach	Spinach	Spinach	Spinach	Spinach	Spinach	Spinach	Spinach		
			Squash	Squash	Squash	Squash	Squash	Squash	Squash		
			Tomato	Tomato	Tomato	Tomato	Tomato	Tomato	Tomato		

Zone 6

When to start seeds?



May 1

Estimated last frost



Oct 6

Estimated first frost



Start seeds indoors from March through May



Additional Resources:
[Sow True Seed](#)
[Farmer's Almanac](#)



3 =

Containers



So what can I start seeds in?



ANYTHING!



Container Varieties



Egg Cartons



Paper Tubes



Plastic Cups



Cell Trays

Biodegradable

Reusable





Cell Trays are the BEST way to grow!

- Easy to transport
- Great drainage
- Humidity domes fit tight
- Bottom watering is possible
- Easier to transplant





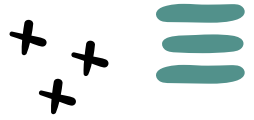
4

Soil (sorta)





Seed Starting Mix Ingredients



33%

Vermiculite

Great at water absorption



33%

Peat Moss/Coco Coir

Sterile growing medium

33%

Pearlite

Used to aerate the soil

Seed starting mix is soilless



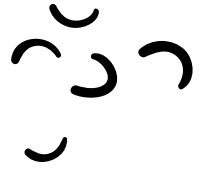
A close-up photograph of a person's hand holding a clump of dark brown soil. The soil is moist and clumpy, with numerous small, white, spherical perlite granules mixed throughout. The hand is positioned in the lower-left quadrant of the frame. In the background, a large, shallow metal bowl is filled with the same soil, creating a textured, granular surface. The lighting is bright and even, highlighting the texture of the soil and the skin of the hand.

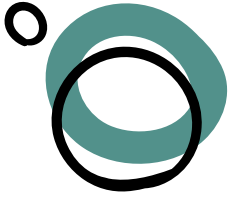
**SOIL MUST BE MOIST
BUT NOT SATURATED!**



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Sowing

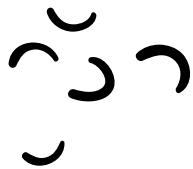




The Basics of Seed Sowing

- How to sow different seeds
 - Standard Planting
 - Soaking
 - Cold stratification
 - Nicking or scarring
- Simple guide for depth of planting based on seed size
- How many to sow





General Rules of Sowing

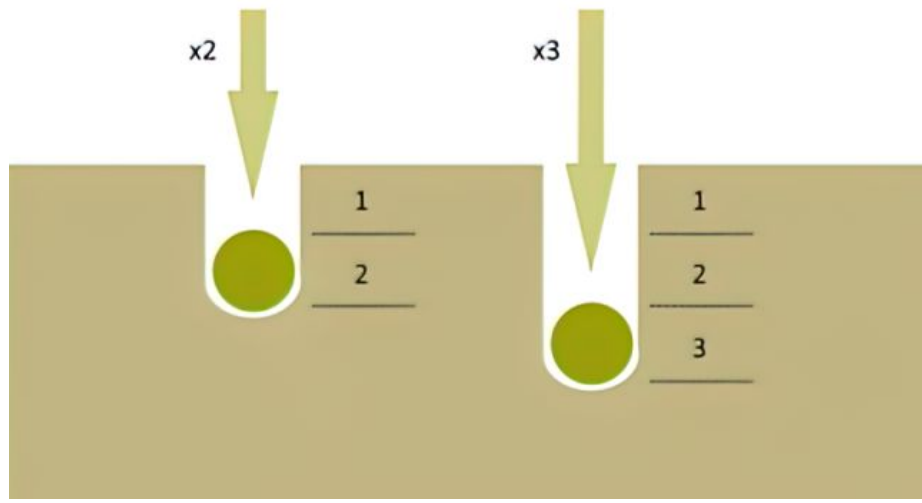


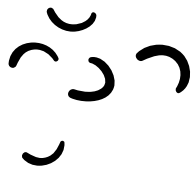
Depth

The bigger the seed, the further down it needs to go.

2 to 3 times

The height of the seed





General Rules of Sowing

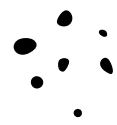
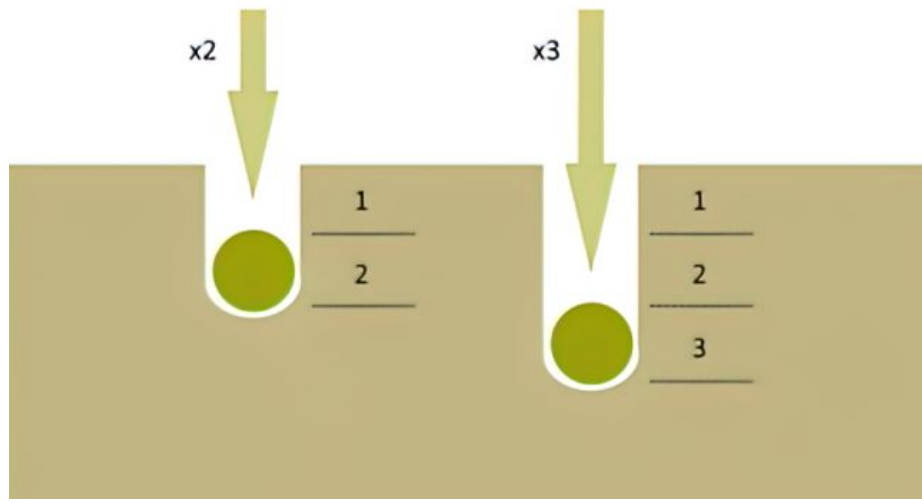


How much

- Large-sized seeds: 1 seed per hole
- Medium-sized seeds: 2 per hole
- Small-sized seeds: 3 per hole

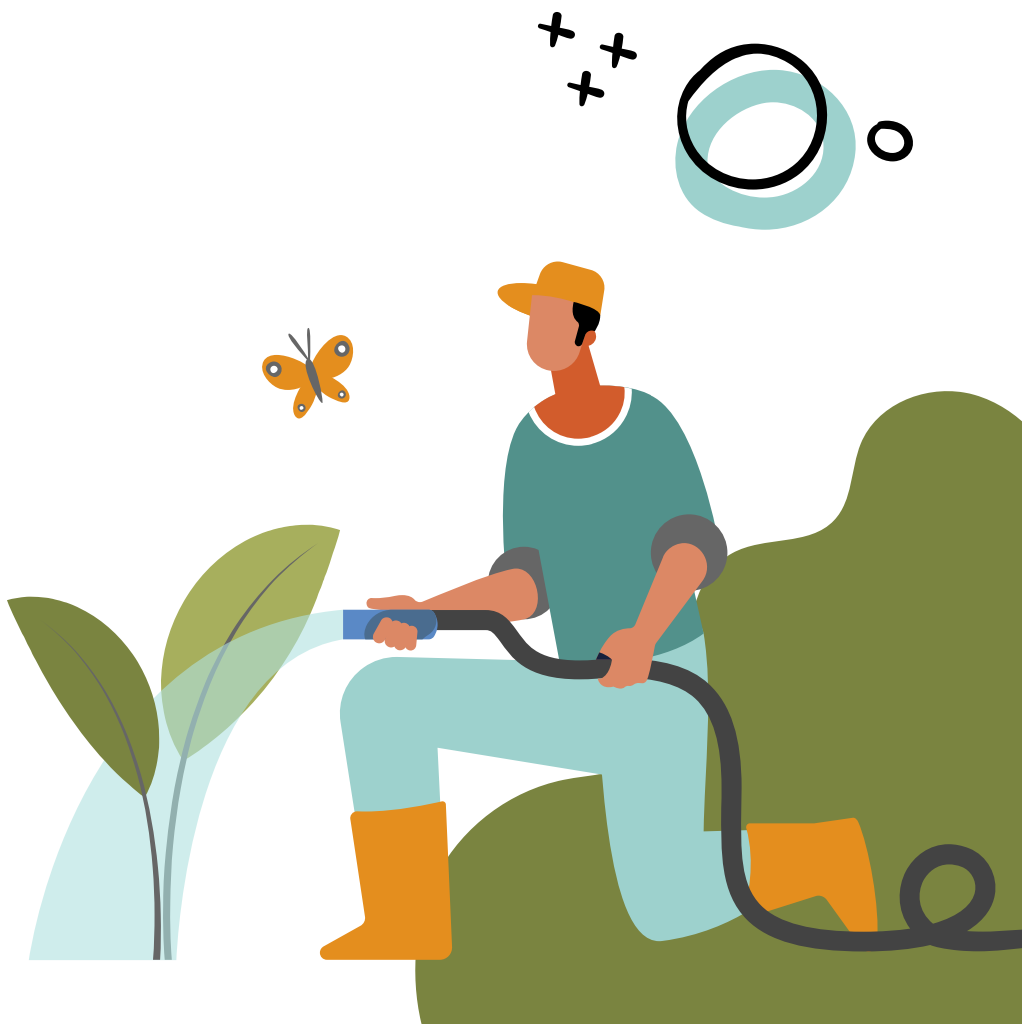
2 to 3 seeds

Per cell



6

Watering



Ways to water seedlings



Misting

Pros: Protects seedlings.
Cons: Dries out quicker.

Gentle Watering

Pros: Maintains good moisture.
Cons: Can be too rough or too wet.

Bottom Watering

Pros: Water as the seed needs.
Cons: Can be messy .



The Finger Test



Does the soil feel dry?

Yes

Add water

No

Do not water

Overwatering will rot your seeds!





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**Temperature
& Light**





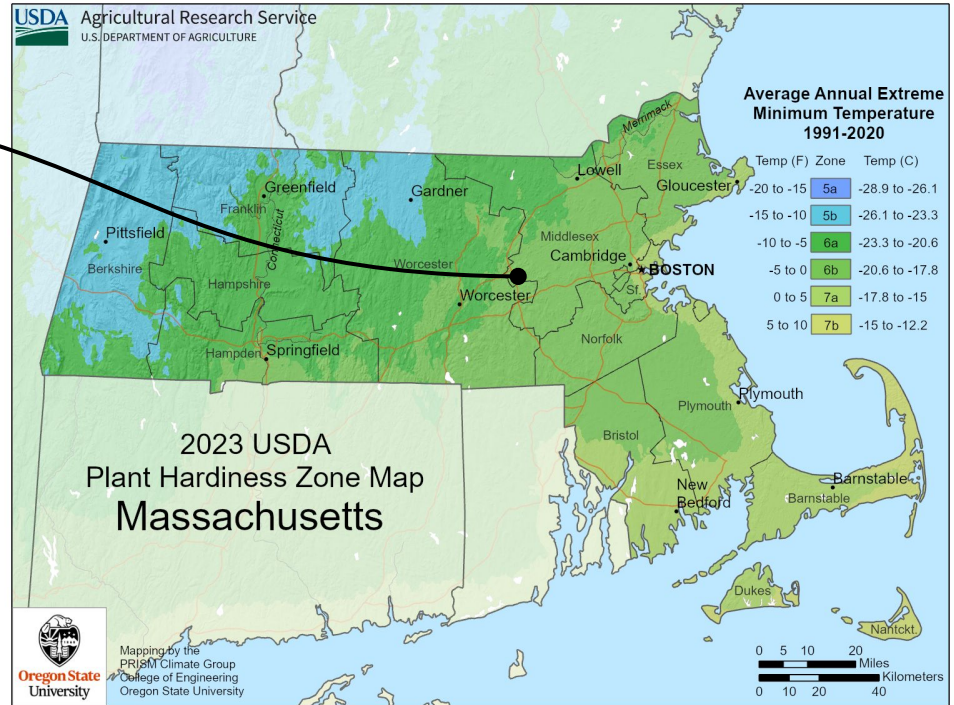
Why do we start some seeds indoors?



Zone 6

Minimum temperature of
-5° to 0° Fahrenheit

We need to jump start the gardening season
by starting tender vegetables indoors.



Types of Hardiness

Safe



Cold Hardy

Plants will survive frigid winters

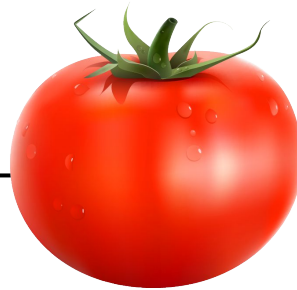
Frost Tolerant



Semi-Hardy

Can survive low temperatures, but not freezing

Not Safe

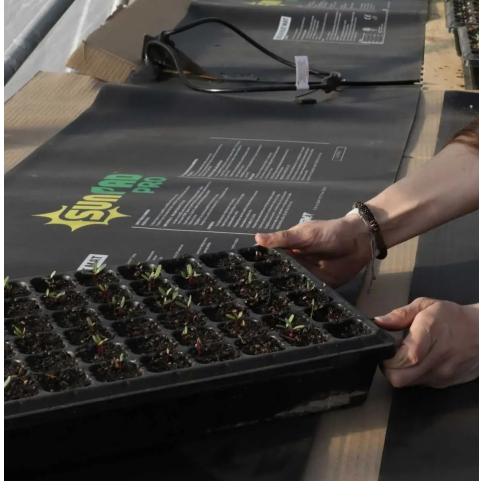


Tender

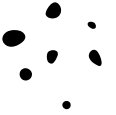
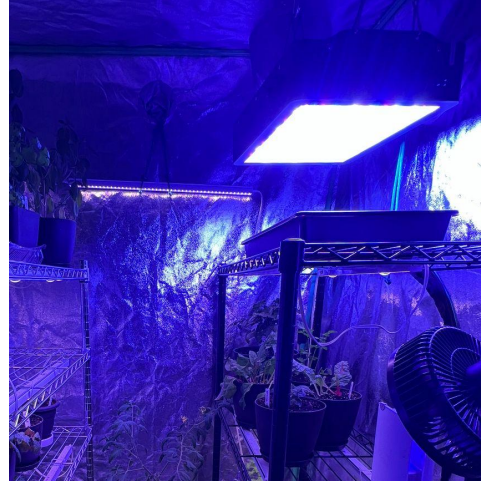
Will not survive even a light frost

Replicating its natural environment

Heat



Light





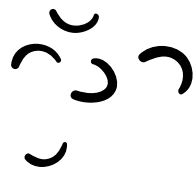
What happens without the right amount of light or heat?

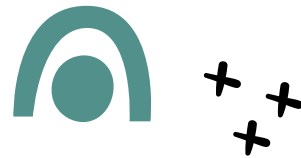
- Low or no germination
- Leggy seedlings
- Scorched leaves
- Stunted growth



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Seedlings





You did it!

You have seedlings. Now what?





Get them ready!

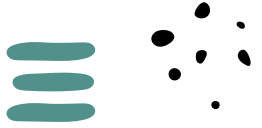
- Remove humidity domes
- Keep the right moisture level
- Sunny and warm is key
- Use a fan to make them sturdy



9

What's next?



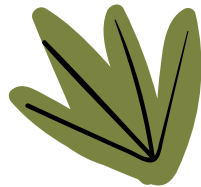


Transplanting Workshop!

You know how to start your seeds, now make sure you know how to transplant your new plants!

Sunday, March 16 at 12:30 pm

[RSVP HERE!](#)





Thanks!

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