



SEED STARTING WORKSHOP

So, you want to grow your own plants...



First, let's talk seeds.

This workshop focuses on starting seeds indoors to grow seedlings that will be transplanted into the garden come Spring. You should consider starting seeds for tomatoes, peppers, and any other warm-weather vegetables that would benefit from starting early indoors.

Remember, read all of the seed packet for information on when to start indoors vs. outdoors, transplant vs. direct sow, and how long germination will take. Seeds should be stored in packets in a cool, dry place with no moisture. Wet seeds = growing seeds.

When do I start my seeds? Refer to the growing instructions on the seed packets. Most will tell you when it's recommended to start indoors a specific number of weeks "before last frost." In our area, the estimated last frost date is May 1st.



What can I start my seeds in?



We like starting in cell trays with humidity domes, but you can use what you have around the house. Garden or potting soil is not recommended. It's important to start your seeds in a sterile medium containing mostly peat moss or coco coir.

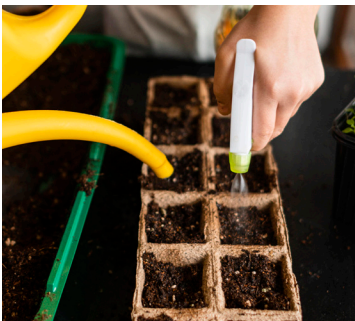
Any soil labeled "Seed Starting Mix" will work.

Make sure to moisten the mix where you can form a clump, but breaks apart easily when dropped. Place soil into containers you have decided to use for sowing, but do not pack too densely or you may impede the seedling's growth.

Once your containers have been prepped, sow your seeds. Make sure to read the instructions on the seed packets for how deep to plant the seeds. In each cell, plant 2-3 seeds for more successful germination. Once seeds have been covered, spray gently with water, a mister or spray bottle would work. Cover the containers with humidity domes or plastic wrap to maintain good humidity.



Maintain good moisture in the soil. If there's not enough water, the seeds may never germinate. If there's too much water, your seeds can rot. Continue to spray gently as seedlings begin to emerge. Aim for the soil, underneath growth to avoid wet leaves.



How can I make sure my seeds germinate?

Aside from watering appropriately, make sure your seeds have enough light and heat. When starting seeds indoors, you have to mimic the seeds' preferred growing conditions. You can help by using a heat mat to keep the seeds and soil warm and a grow light to provide enough daylight needed to develop.

I have seedlings! Now what?

You can remove humidity domes and heat mats at this point. Keep the grow lights on and introduce a fan to your seedlings. The fan keeps them strong and ready for winds they will encounter outdoors.

When they're old enough and the weather is warm, it's time to bring them outside!



Happy Growing from the Veggie Team

