

Starting Seeds In Containers

1. **Fill Containers to ¾” from Top**
 - a) Select planting container
 - b) Use packaged potting soil
 - c) Tamp gently
 - d) Wet “soil to the consistency of a DAMP sponge
Set aside to drain excess
2. **Sow Seeds**
 - a) Determine appropriate depth:
 - Package directions
 - Seed width
 - b) Plant 2 seeds per unit
(Remove weakest sprout later)
 - c) Add thin layer of Vermiculite
 - d) Moisten by lightly spraying with water
3. **Label the Container**
 - a) Name and Date
4. **Maintain Uniform moisture**
 - a) Use gentle spray
 - b) Make mini” green-house
(remove when seeds sprout)
5. **Set Container in Warm Spot
OUT OF DIRECT SUN**
Most seeds need a constant soil temperature of approximately 70 degrees to germinate
6. **Transplant to 4” pot
For Proper Growing Space**
 - a) Cool months: use bottom heat until seeds germinate
 - b) AFTER GERMINATION
 - place in bright window OR
 - Use special grow lights or two 40 watt fluorescent tubes
7. **Water Regularly**
 - 2) Keep the soil evenly moist -
Don’t let seedlings dry out
8. **Fertilize Every Week**
 - a) Half strength liquid fertilizer
9. **Hardening Plants**
 - a) 2 Weeks before planting in the garden, GRADUALLY acclimate seedlings to direct sun
10. **Plant in the Garden**
 - a) Dig a hole twice as large as soil mass around root
 - b) Replace soil loosely around roots
 - c) Water in
 - d) Provide shade for 2-3 days until well established

* **Special Treatment for Seeds** (by plant name) <http://earthnotes.tripod.com/seeds.htm>
(see list of treatments page 2 , Then click on first letter of plant name, “Seed Chart”)

Reference: **Seed Sowing and Saving**, Carole B. Turner, Storey’s Gardening Skills

INFORMATION ON THE FRONT OF THE SEED PACKET

- **Plant Name**
“Lettuce”
- **Variety**
“Grand Rapids”
- **Details**
Annual, Biennial, Perennial
Vegetable, Hybrid
Disease Resistant or
Disease Tolerant (initials)
“VFN”, “B”, “TMV”, “PM”
Heirloom & Net Wt
- **Other Information**
Easy to grow, Harvest
Longer into the season

INFORMATION ON THE BACK OF THE SEED PACKET

- **Plant Description and Days to Harvest**
- **Planting Directions**
Type of Light Sun/ Shade
Row Spacing
Plant Spacing
Planting Depth
Days to germination
Plant Height
- **Special Instructions**
Cool Weather, Needs Light to germinate, cover lightly
- **Date Packaged**

Direct Seeding

Plan the Garden Layout

Site placement, sun orientation, rows, paths, plant placement and water access
Space saving ideas:
Interplant, Under-plant, Cage or Stake, Grow Vertically, Use 3 seasons, Succession planting, Replant and plant early to mature varieties

Prepare the Soil

Remove weeds and large rocks, Loosen soil 10-12” deep. Amend growing area with compost.
Rake smooth, Water to assess drainage and rectify.
Let settle a couple of days before planting.

Sow the Seeds

Make furrows the depth seeds are to be planted. sow the seeds. (Over seed, Mother Nature’s critters may visit!)
Cover seeds and LABEL rows

Dampen the Soil

Use a fine spray of water as not to disturb seeds. Keep moist throughout the germination period. Then begin to taper off watering after germination.
Supply adequate moisture during the growing season.

Thin Seedlings

Thin seedlings after the first set of “TRUE” leaves appear. Check seed packet for proper spacing. Use extra seedlings to fill in any bare spots (easier just after watering).