



What You Need

- #1) Seed Starting Soil
- #2) Containers with Drainage / Peat Pots
- #3) Water
- #4) Light
- #5) Heat

The Goal with Seed Starting Inside is to have your seedlings ready to go outside when the weather is favorable.

Tomatoes & Peppers need to be started in January – Usually 6-8 Weeks before the last frost. Some Types of Vegetables ... such as Beans, Squash are best started outdoors when the time is appropriate.

Check our Spring Planting Schedule for Timing !

Use a Seed Starting Soil:

→ **Fox Farm 'Light Warrior' or Fertilome 'Seeding & Cutting Soil'**

You will get the best results using a Seed Starting Soil – FREE of any Diseases.

Before Filling your Peat Pots / Containers moisten the soil. The goal is to get it moist, but not sopping wet.

Fill the containers and press the soil to fill any gaps.

Read the Seed Packet to see how deep you should plant your seeds.

Smaller seeds can be sprinkled right on the soil surface – Larger seeds will need to be planted at recommended depth. Plant 2 Seeds per Cell/Container – to ensure good germination.

- **WATER:** Moisten the newly planted seeds with a Spray Bottle. To Speed the germination process, cover the pots with a plastic dome that fits over the seed starting tray, or with plastic wrap. This helps keep the seeds moist before they germinate. When you see the first sign of green, remove the cover. Mist with Spray Bottle to keep them moist.

- **LIGHT:** Seedlings need a lot of light. If you are growing in a window, choose a south-facing exposure. Rotate the pots regularly to keep plants from leaning into the light. ** If seedlings don't get enough light, they will be leggy and weak. If you are using a grow light – adjust so that is a few inches above the tops of the seedlings. Raise the light as they grow.

** Keep them light for 12-15 hours a day, and then dark so they can rest.

As the Seedling grow, use the Spray Bottle / Mister to keep the soil moist, but not soggy. Let the soil dry slightly between waterings. Set up a fan to ensure good air movement, and prevent disease.

** If both seeds germinate, snip / thin the weaker of the two.

- **HARDENING OFF:** Move seedlings outdoors gradually. It is not a good idea to move your seedlings directly from the protected environment of your home into the garden. About a week before you plan to set the seedlings into the garden, place them in a protected spot outdoors (partly shaded, out of the wind) a few hours a day.... Bring in at night. Gradually increase the time outdoors until they are planting.