



What to sow now

Seeds that are perfect to sow in February and March:

Indoors with heat and light: Tomatoes, Aubergines, Chillies.

Leafy greens: Lettuce, Spinach, Kale.

Herbs: Coriander, Parsley, Chives, Dill, Mint, Thyme, Rosemary, Sage.

Root vegetables: Beetroot, Radishes, Turnip.

Brassicas: Early cabbage, Calabrese broccoli, Cauliflower, Kohlrabi

Alliums: Spring onion, Onions and shallots, Garlic, Leeks.

Peas and broad beans, Globe artichoke, Florence fennel, Asparagus, Marigolds and other hardy flowers.

How are you growing?

A quick check-in on your growing space:

Raised beds: excellent for drainage and soil control.

Pots and planters: perfect for small spaces.

Sowing options: modules vs direct sowing

Modules (seed trays or cells): great for controlling conditions and easier transplanting. Best for tomatoes, chillies, and leafy greens.

Direct sowing: planting seeds directly in the ground or large pots. Ideal for root vegetables

When to start seeds?

Cold-hardy seeds (eg peas or onions): start now, indoors or outdoors with protection.

Tender seeds (eg tomatoes): start indoors now for transplanting after the last frost.

The in-to-out production line

Start seeds indoors, move them to a greenhouse or cold frame, then plant outside. Gradually harden off seedlings before moving them outdoors by exposing them to outdoor conditions for a few hours each day over a week.

Seedling care

Potting on: once seedlings outgrow their containers, transfer them to larger pots. Separating clumps: if multiple seeds germinate too close, gently separate them.

Stopping leggy seedlings

Leggy seedlings are usually caused by low light and too much warmth. Move seedlings to a bright spot and lower the temperature slightly to encourage sturdy growth.

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