

Seed Starting Suggestions

There are many methods to starting seeds and one method might work better for you than others. You can find them all online. Try looking at icmag.com, rollitup.org, or opengrow.com for all the methods. Use the search function and you'll find hundreds of posts about it.

The method we use is:

1 - soak the seeds overnight in a glass of distilled water. place glass in a dish cabinet or somewhere warm and dark. no longer than 24 hours.

2 - carefully place seeds in a (Jiffy style) peat pellet after you soak them with water. (you can buy a Jiffy tray and dome made specifically for this or use a plastic Tupperware with a lid). **extra** - plant specific heat pads can be a nice addition.

3 - watch seeds regularly and keep container moist by spraying with water if it's no longer slightly wet inside. you don't need a pool of water, but it can't be desert dry. somewhere in between with no resting water.

4 - when sprouts pop out of the pellets and the cotyledons (first leaves that are round looking not like cannabis leaves) are showing, you can carefully transplant the pellet into a small dixie cup or similar sized pot with organic fox farm strawberry fields soil (or ocean forest or similar organic mix like Super soil or Coats style/supersoil mixes).

5 - wait until the spout outgrows the cup in 2-4 weeks and transplant to the next bigger sized pot.

Extra - Biodynamic farmers like to use the gravitational pull created by the full moon to try and sprout seeds, soaking them on or before the night of the full moon. Some report better results using this schedule. Other methods include playing music, praying, and talking and singing to them. See what works for you and go with it.