



SHALOM GREEN
Jewish Values, Sustainable Living
Shalom Park Environmental Initiative

PLANT CARE BASICS



Choose potting soil that's made for growing seedlings. Do not use soil from your garden or re-use potting soil from your houseplants. Start with a fresh, sterile mix that will ensure healthy, disease-free seedlings. Before filling your containers, use a bucket or tub to moisten the planting mix. The goal is to get it moist but not sopping wet; crumbly, not gloppy. Fill the containers and pack the soil firmly to eliminate gaps. You can start seeds in almost any type of container, as long as it's at least 2-3 inches deep and has some drainage holes. If you are the DIY type, you might want to grow seedlings in yogurt cups, milk cartons or paper cups. Plant seeds in containers at the appropriate depth for the type of seed. Seeds should be planted at a depth of three times the thickness of the seed. So, for example, if you've got a morning glory seed that's about 1/4 of an inch thick, it should be planted around 3/4 of an inch deep. Large bean seeds that can be 1/2 inch thick or more may need to be planted 1 and 1/2 to two inches deep. For very tiny seeds, place them on the surface of the soil and barely cover with soil or vermiculite. For seeds that need light to germinate, simply place them on the surface of the soil and press them gently to ensure good contact with the soil.



Moisten the newly planted seeds with a mister or a small watering can. To speed germination, cover the pots with plastic wrap or a plastic dome that fits over the seed-starting tray. This helps keep the seeds moist before they germinate. When you see the first signs of green, remove the cover. As the seedlings grow, use a mister or a small watering can to keep the soil moist but not soggy. Let the soil dry slightly between waterings. Make sure your seedling is located in an area with good air movement to prevent disease.



Make sure you have lots of light! All seedlings require a considerable amount of light, so make sure you have a sunny, south-facing window. If seedlings don't get enough light, they will be leggy and weak. Rotate the pots regularly to keep plants from leaning into the light.



Remember to feed the seedlings regularly with liquid fertilizer, mixed at the rate recommended on the package. When a seed sprouts, the first set of leaves that unfold are called cotyledons. All the food that's needed to sustain these first leaves is contained right inside the seed. But once the second set of "true" leaves appear, you should begin feeding your seedlings with a dilute fertilizer solution. Mix the fertilizer at half the recommended rate and apply it twice a week. You can continue this feeding program until the seedlings go into the garden, or switch to less frequent full strength feedings, every 7-10 days.



Your plant needs space! Read on to learn how to successfully transplant your seedling.

TRANSPLANTING BASICS

When your seedling has at least 6 leaves, it is ready for a bigger home. Time to transplant!

To transplant seedlings, choose an appropriate sized container for your plant. (See suggestions below)

Fill each new container with a moist planting mix. Loosen the soil around the seedlings (a kitchen fork or spoon is handy for this); then carefully lift them out, one at a time. Or lift a clump of seedlings and gently separate individual plants by carefully teasing apart the tangled mass of roots. Handle seedlings by their leaves to avoid damaging the tender stems.

Poke a hole in the new container's planting mix, place the seedling in the hole, and firm soil around it.


Water the transplant right away. Keep the containers out of direct sunlight for a few days to let the transplants recover from the move.

About 10 days before the seedlings are ready to plant outside, harden them off so they can withstand bright sun and cooler temperatures. Stop fertilizing them, and set them outdoors for several hours each day in a wind-sheltered spot that receives filtered light.


Over the next week or so, gradually increase exposure until the plants are in full sun all day (shade lovers are an exception; they shouldn't be exposed to day-long sun).

Mustard
Salad Greens
Radishes
Garlic
Mint
Marjoram
Thyme
Asian Greens

WHAT CAN YOU GROW IN A 4 INCH POT?



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WHAT CAN YOU GROW IN A 6 INCH POT?

- Asian Greens -Basil
- Bush Beans -Chervil
- Chives -Cilantro
- Dill -Garlic
- Lettuce -Mint
- Nasturtium -Onion
- Oregano -Peas
- Pole Beans -Radish
- Round Carrots -Shallots
- Runner Bean -Spinach
- Strawberries -Thyme
- Zucchini


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- Bay
- Beet
- Blueberry
- Carrot
- Corn
- Currants
- Fruit Trees
- Goosberries
- Kiwi Fruit
- Potato
- Raspberry
- Rhubarb

WHAT CAN YOU GROW IN A 12 INCH POT?



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WHAT CAN YOU GROW IN A 8 INCH POT?

- Bell pepper -Cabbage
- Chard -Chiles
- Cucumber -Eggplant
- Fava Bean -Fennel
- Kale -Leek
- Melon -Parsley
- Parsnips -Pumpkin
- Rosemary -Sage
- Squash -Tarragon
- Tomato -Turnip

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For a fun online resource, watch this video tutorial on transplanting:
<https://www.youtube.com/watch?v=G1xb2kyJrO0>