

HOW TO
plant a seed

01

CHOOSE A CONTAINER

Seed-starting containers should be clean, measure at least 2-3 inches deep and have drainage holes. They can be recyclable pots, cell packs, peat pots, yogurt cups, even eggshells. As long as they are clean.



02

START WITH QUALITY SOIL

Sow seeds in sterile, seed-starting mix or potting soil. Don't use garden soil, it's too heavy, contains weed seeds, and possibly, disease organisms. Wet the soil with warm water before filling seed-starting containers.



03

PLANT AT THE PROPER DEPTH

You'll find the proper planting depth on the seed packet. The general rule of thumb is to cover seeds with soil equal to three times their thickness – but be sure to read the seed packet planting instructions carefully. Some seeds, including certain lettuces and snapdragons, need light to germinate and should rest on the soil surface but still be in good contact with moist soil. Gentle tamping after sowing will help. After planting your seeds, use a spray bottle to wet the soil again.

04

WATER WISELY

It's important to keep soil consistently moist, but avoid overwatering, which promotes diseases, that can kill seedlings. Try not to splash water on leaves. You can try dipping the base of your container in water and allow the soil to absorb moisture from the bottom. You have to be careful that the soil doesn't stay too wet. Don't miss a watering and don't let seeds or seedlings dry out.



TIPS FOR MAINTAINING YOUR NEW PLANT

- Maintain consistent moisture
- Keep the soil warm
- Fertilize weekly
- Give your seedlings enough light
- Circulate the air
- Harden off seedlings before transplanting outdoors (if you decide to do so)