

Seeds2Plate



Seed Starting Reference Guide

Step 1 **Collect Your Supplies**

- Containers
- Seeds & Markers
- Watering container
- Fertilizer
- Heat source
- Light source & timer
- Fan
- Growing medium

Step 2 **Calculate the Start Dates**

- Subtract the number of weeks for seedling growth from the last frost date
- Use grow charts to determine when to start your seeds
- Chart sources: seedsforgenerations.com or google "seed starting chart" for many other options

Step 3 **Germinate Your Seeds**

- Plant at appropriate depth
- Keep soil warm and moist
- Check seed packet for special instructions on scarification or stratification and whether seeds need light or darkness for germination

Step 4 **Grow Your Seedlings**

- Water regularly
- Provide 18 hours of light
- Apply diluted fertilizer
- Provide air circulation to avoid damping off

Step 5 **Pot Up Seedlings**

- Carefully separate seedlings
- Transfer seedlings to pots approximately 3x larger
- Loosen pot bound roots if necessary
- Add potting soil up to base of plant; for tomatoes, plant them deeper
- Continue to water and fertilize

Step 6 **Harden Off the Seedlings**

- Begin 1-2 weeks before the transplant date
- Place outdoors in a shaded area
- Gradually increase sunlight exposure
- Bring indoors if temps go below 45 degrees

Step 7 **Transplant Seedlings to the Garden**

- Check soil temperature and moisture level
- Plant in sunny location
- Provide fertilizer
- Allow for space between plants for air circulation at mature size