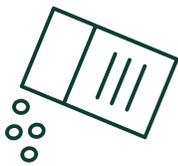


growing GUIDE

SEED STARTING



SUPPLIES

- Trays & containers
- Seed & cutting soil mix
- Watering can
- Heating pad
- Spray bottle
- Fertilizer
- Labels
- Grow lights
- Clear tray lids

TRANSPLANTING SEEDS TO THE GARDEN

You may choose to transplant seedlings from trays to individual containers such as small peat pots once they begin to develop their true leaves.

For summer crops such as tomatoes, you will need to gradually harden them off by bringing them outside in the spring during the day when it is warmer and bringing them inside at night. Begin this process about a week before you plan to plant them outside.

Once we have cleared our last frost (usually early May), transplant into the ground or containers.

STEPS TO FOLLOW

- Begin with a tray or container around 2" deep with holes for drainage.
- Fill with a fresh, soil-less mix. Keeping the soil temperature between 65-75 degrees is ideal. A heating mat with a self-regulated thermostat may be helpful.
- Read seed packages carefully as timing is important, read to find out when to sow, how deep to sow, and temperature and light requirements. Be sure to label all trays as many seeds look alike.
- Once you have planted the seeds, water in well and cover the tray with a clear plastic lid.
- Lighting is key. Do not put trays in direct sunlight. Grow lights work well for this phase as they can be regulated or placed on timers. Once seedling begin to emerge, place them where they will receive bright light for most of the day. You will also remove the lid at this point and remove from heating mats.
- As the seedling grow, water carefully as needed. Do not let them completely dry out or stay completely wet. You may use a spray bottle at first then move to a watering can as the seedlings develop stronger roots. A fan would also help air flow and the prevention of disease.
- When the second leaves appear, you can begin to fertilize with a diluted, water-based fertilizer. We offer conventional and organic options.

