

Indoor Seed Starting Instructional Guide – Sowing Seeds

Supplies Needed:

Level surface
Lettuce, tomato, kale, and California poppy seeds
Four 6-cell seed starting trays
Potting mix and water
Plant labels and a pen or pencil

Instructions:

1) Included in your kit are four 6-plug seed starting trays. Lay them out on a level surface that can be easily cleaned. You can put down newspaper underneath to make clean up easier.

2) Now it's time to prepare the potting mix included in your kit. Take your potting mix and stir in just enough water for it to feel like a lightly wrung-out sponge with no dry spots left.

3) Pour your potting mix gently into the plug tray, crumbling it between your fingers as you do so. You want the mix to be as fluffy as possible. Finally, level off the mix in the plugs and gently tap the tray once on your work surface to settle any large hidden air pockets.

4) To sow your seeds, poke a shallow hole in the mix near the middle of each plug.

5) Different seeds need to be planted in different ways. Your seed packets have instructions on the back that tell you how they should be sown for transplanting. Follow these instructions as closely as possible. Hold on to the packet for transplanting instructions later on.

6) Now you can fill out your plant labels. Put the names of the plants on the labels as well as the date that you are sowing them. Slip the labels down between the inner walls of the cells and the potting mix (see image for step #8)

7) Drop one seed into each hole and cover it back over with mix. Gently pat this mix down to ensure it is touching the seed on all sides.

8) Water the seeds only enough to make sure they get damp. Use a spray bottle with a mist setting or a plastic bottle that you have poked holes in the bottom of with a push pin. Keep the seed trays somewhere indoors where they will get as much sunlight as possible and avoid moving them.

9) Continue watering like this about twice a day, only enough that the seeds stay damp but do not let them dry out. You can cover the tray with a sheet of plastic wrap to help keep the soil warm and damp. Once the seeds begin to sprout you can gradually increase the amount of water applied a little bit.

10) By the time the seedlings have developed their first four leaves you will want to be applying enough water to reach the bottoms of the plugs. This ensures that none of the young roots dry out. At this point, you can reduce the frequency of watering to once every morning but pay attention, a particularly warm, sunny day can dry the potting mix surprisingly quickly. Finally, remember that its always best to water early in the day when the plants need moisture to help them photosynthesize.

See Page #2 for instructions on how to transplant your seedlings in spring.

1)



2a)



2b)



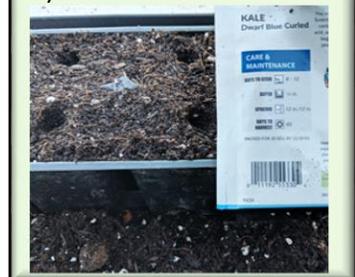
3a)



3b & 4)



5)



7a)



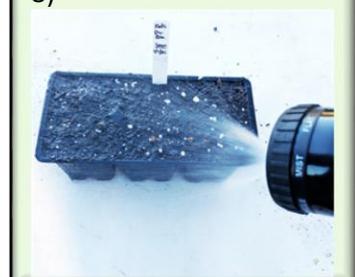
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8)



Indoor Seed Starting Instructional Guide - Transplanting

Hardening Off:

Once the last frost of the season is approaching, prepare your seedlings for transplant by hardening them off. Put them outside for a couple hours every day for a week but make sure to bring them in at night. Once the last frost has passed you can transplant your seedlings out into a sunny part of the garden!

If you need somewhere to grow them, you can bring them to Daluviwi' Community Garden at Blue Lake Rancheria and we'll set up a space for you.

Supplies Needed:

Seedlings
Gardening gloves
A trowel, shovel, pitchfork, and/or garden hoe
Hose or watering can

Directions:

- 1) Consider how much space your plants are going to take up when they mature. Your seed packets will have instructions on how far apart to space the plants. Gather your tools and supplies.
- 2) Once you know where you are going to plant your seedlings prepare the soil by removing any weeds, rocks, or big clumps of dirt. If the soil is very hard you can loosen it with a shovel, trowel, pitchfork, or garden hoe.
- 3) Compost mixed into the soil will add nutrients and make it easier for your plants' roots to grow. For an added boost, you can find vegetable fertilizer at any garden store.
- 4) Now level out the soil and you are ready to transplant your seedlings. It is best to do this when it is cool out.
- 5) Decide where you are going to place each seedling before you pull them out of their individual plugs. You can mark these locations however you like. Dig a small hole just deep enough for the top of the root ball to be level with the soil around it.
- 6) Pull the seedlings out of the plugs very gently by turning the plugs sideways and pushing in the plastic at the bottom. This will shift the root ball enough that you can gently grab it and pull it the rest of the way out. If a plug has two seedlings, gently tear the root ball in half right between them.
- 7) Place the seedling's root ball in the hole. Then fill any gaps around it so all the roots are touching the soil in their new home. Gently firm down the soil around the root ball.
- 8) Finally, water your newly transplanted seedling. A watering can is great but if you are using a hose, make sure to use a shower setting. Or you can create a simple watering can by poking holes in the bottom of a milk jug.
- 9) Repeat this process. Water regularly and watch as they take off in their new home!

1)



2)



3a)



3b & 4)



5)



6a)



6b)



7a)



7b)



8 & 9)

