



**Rebecca
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**Indoor Seed
Starting &
Winter Sowing**



SEED STARTING SUPPLIES

- Potting Soil/ Seed Start Mix
- Pots
- Seeds
- Water
- Light Source
- Heat Mat



TYPES OF SEED POTS

- Plastic Compartments/ Cups
- Rolled Newspaper
- Egg Cartons
- Pressed Paper
- Peat Pellets
- Soil Blocking





Indoor Set Up

- TIMERS**
- LIGHTS**

Light Options:

- LED**
 - Fluorescent**
- High Lumen Bulbs
(2700 +)**
- WARM**
 - COOL**

Light 101

- Sunlight contains ROYGBIV
- The two most Parts of Light Spectrum
 - RED Spectrum light stimulates growth and flowering, but too much red light leads to tall, weak plants.
 - Blue Spectrum light regulates the proper amount and distribution of plant growth, ensuring that all parts of the plant take on the proper size, shape and density.
- LED lights – Full Spectrum

BEST SEEDS FOR INDOOR START

- **Vegetables:**

- Broccoli, Brussels Sprouts, Cauliflower, Eggplant, Pepper, Tomato, Tomatillo

- **Herbs:**

- Basil, Dill, Fennel, Sage, Oregano

- **Flowers:**

- **Annuals:** Cardinal Vine, Coleus, Petunia, Impatiens, Sweet William, Zinnia
- **Perennials:** Baptisia, Columbine, Coreopsis, Delphinium, Lobelia, Purple Coneflower

- **Best to Plant Direction Outdoors:**

- Squash, Zucchini, Pumpkin, Okra, Corn

PREPARING TO PLANT

- **Water Seed Pots before Adding Seeds**
- **Use Warm Water**
- **Press in Pot for Seed Placement**
- **Cover lightly with Soil**





LABEL SEEDS AS YOU SOW

HEAT SOURCE

- Once Seeds are Planted- Cover with Plastic Dome or Wrap- to increase humidity
- Use a heat mat- if available
- Humidity and heat promote prompt germination





**As Seedlings Grow- Keep Lights Close
12-14 Hours of Light**

WATERING SEEDLINGS

- Young plants have a tender root system, and it's easy to uproot them or scatter sown seeds.



- Water from top via Sprayer
- Water From Below





**USING GREENHOUSES- SEEDLINGS CAN
BE BROUGHT OUT EARLIER**

Winter Sowing

a guide to starting
seeds in winter



WHAT IS WINTER SOWING?

- **A Method of Starting Seeds Outdoors in Winter**
- **Perks for Winter Sowing**
 - **No Specialized Equipment (lights or mats)**
 - **No Need for Soaking Seeds**
 - **Little to No Watering**
 - **Little to No Financial Investment**
 - **Seedlings are Hardier- Already Exposed to the Elements**

WINTER SOWING SUPPLIES

- **Power Drill/ Knife**
- **Clear/ Opaque Plastic Jug or Bottle**
- **Permanent Marker**
- **Duck Tape**
- **Soil**
- **Warm Water**
- **Seeds**



WHAT SEEDS CAN I START?

Check Seed Packages for Words:

- **Cold Hardy**
- **Direct Sow Outside**
- **Self Sowing**
- **Cold Stratification**
- **Perennial**

Examples:

- **Veggies: Kale, Spinach, Broccoli**
- **Herbs: Cilantro, Basil**
- **Perennials: Aster, Liatris, Coreopsis, Phlox, Black-Eyed Susan, Coneflower, Shasta Daisy, Yarrow, Baptisia, Hollyhock, Salvia.**

PREPARING CONTAINERS



SEED SOWING

- Fill Container with 3-4 inches of Quality Potting Soil
- Water Soil using Warm Water, let it Drain
- Sow Seeds
- Top Seeds with Soil



OUTDOOR PLACEMENT

Place outside

- Access to Sun
- Access to Rain
- Away from Activity (Avoid Crushing)



NOW WHAT?

- Forget about It
- Spring Weather- Germination will Begin
- Warm Sunny Days- Remove the Tops for a Few Hours. Close Up at Night



PREPARE FOR PLANTING

- Seedling Roots do become Entangled
- Seedlings are Tough- Pull or Cut Apart
- Plant like Normal



**ANY
QUESTIONS?**