

## Seed Starting Notes

### Materials

Trays	Timer	Watering can
Peat cells	Light stand	Spray bottle
Seed starting mix	Plastic sheet	Plastic gallon jug
Plant labels / Marker	Seeds	Miracle-Gro

### Instructions

Moisten seed starting mix for a minimum of 3-4 hours as per on the bag.

Fill peat cells with moisten seed starting mix – do not pack in, fill until mix is even with top of cell, shake gently, then fill until even with top of cell again.

Place two seeds on the top of the mix in each cell.

Gently, using the point of a wooden plant label, push the seeds into the mix to recommended planting depth on the seed package. Cover seeds gently with mix.

Label as needed with wooden labels with variety name.

Place tray under light stand keeping the light no more than 3 inches above the leaves of the seedling. As plants grow, raise the light to keep at 3 inches above leaves.

Place light on timer set to 14 hours light / 10 hours dark.

**IMPORTANT - Water daily using the spray bottle misting the soil surface keeping it moist, but not disturbing the soil. Also, move tray to prevent ‘bending’ of seedlings toward light.**

The first leaves are the seed leaves. When the second set of leaves is expanding, remove the **least healthy** seedling by cutting the stem at the base at the soil level with a scissors. Also, at this time begin using a **half strength solution of fertilizer** in water spray bottle.

As plants get larger and watering becomes more difficult with the spray bottle, begin watering from the bottom by filling the tray with the half-strength fertilizer solution. Be careful not to over water as this can lead to disease and plant death.

Hardening off – around May 10<sup>th</sup> or 10 days before planting out in the garden begin setting the tray outdoors. Begin with a shaded, protected area bringing the tray back inside each night for 5 days. Then gradually put out into the sun with more hours each day and allowing the tray to remain outside overnight in a protected area. At this time, it is important to keep the plants well watered.