



Garden Notes for Amateur Gardeners

A cooperative project of the Food Stamp Nutrition Education Program and Master Gardener Volunteer Program

Starting seeds Indoors

Indoor plant a seed in small container and move it outside when it is mature. It is best to use a commercial potting mix when starting seeds indoors. Do not use soil from the garden it can introduce unwanted diseases to the plant, which may result in slow growth.

Some Steps to follow

1. Place the plants in a south facing, sunny window while the seeds are growing. You can buy a horticultural light if sunlight is not available indoors. If funds are available you can also buy cold frame, which is like mini-greenhouses to maintain warmer temperatures to allow for better plant growth outdoors.
2. Move plant outdoors during daylight hours to acclimate to the colder weather when they have their second set of leaves. This prevents plants from dying of shock from the cold weather when they are finally transplanted into your garden.

Growing Your Garden from Seeds

Using seeds to grow fruit or vegetable is the best activity for introducing young children to gardening. Children enjoy planting seeds, watching them grow and harvesting what they have grown. Encourage their enthusiasm by planting seeds that mature quickly and are large enough for a child to easily handle. Children love to choose the seed packets and should be allowed to do the planting themselves. They can then proudly say it is "their" garden.

There are two options to start a plant from seeds, 1) plant the seed directly into the garden, 2) start seeds indoors, and once they are established transplant them into the garden.

Three Ways of Planting Seeds directly into the garden

1. Broadcasting seeds. Sprinkle over the soil and covered with soil. This method works best with cover crops or wildflower seeds.
2. Drilling seeds. A small hole is made in the soil and the seeds are placed at the correct depth.
3. Furrow seeding. A shallow trench is made, usually in a straight line and seeds are placed in and covered with soil.



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Hint to Start Plants from Seeds

- ❖ Before starting read the seed packets to learn about best method for starting the seeds.
- ❖ Seed packets have information about best planting dates, how deep to plant the seeds and whether seeds are best planted directly into the garden
- ❖ It is best to star your seeds indoor.

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