SEED STARTING

Materials needed to germinate vegetable/herb seeds for your garden:

1. Seeds from a reliable source

2. Germination mix – special mix to help germinate seeds; keep moist like a wrung-out wash cloth when filling containers for seeds

3. Empty container large enough to combine germination mix with water before placing in planters

4. Containers to plant seeds
   - 4 pack or 6 pack
   - Jiffy pots
   - Jiffy pellets
   - Clean, empty yogurt cup or egg carton
   - Be sure your pots have holes in the bottom to drain water

5. Labels/Popsicle sticks/Permanent marker – to label seed pots

6. Sharp pencil or bamboo skewer – to make hole in germination mix for seed

7. Heat
   - Bottom heat mat for seed germination
   - Could also place on a heat grate or top of refrigerator
   - Need more heat under the plants than ambient air temperature in order to germinate seeds

8. Watering can or misting bottle – to keep germination mix moist like a wrung-out wash cloth

9. Light source –
   - Fluorescent tubes work well
   - When seeds start to germinate, place them under direct light
   - Seedlings need 12 hours of light
   - Light from a sunny window is not enough – plants will get “leggy”, stretching for more light.
   - Keep light close to seedlings – no further than two inches above them

10. Tray with no holes – used to hold plant containers

11. Plastic cover or clear plastic bag – to cover tray with seeds to help keep them moist and warm.