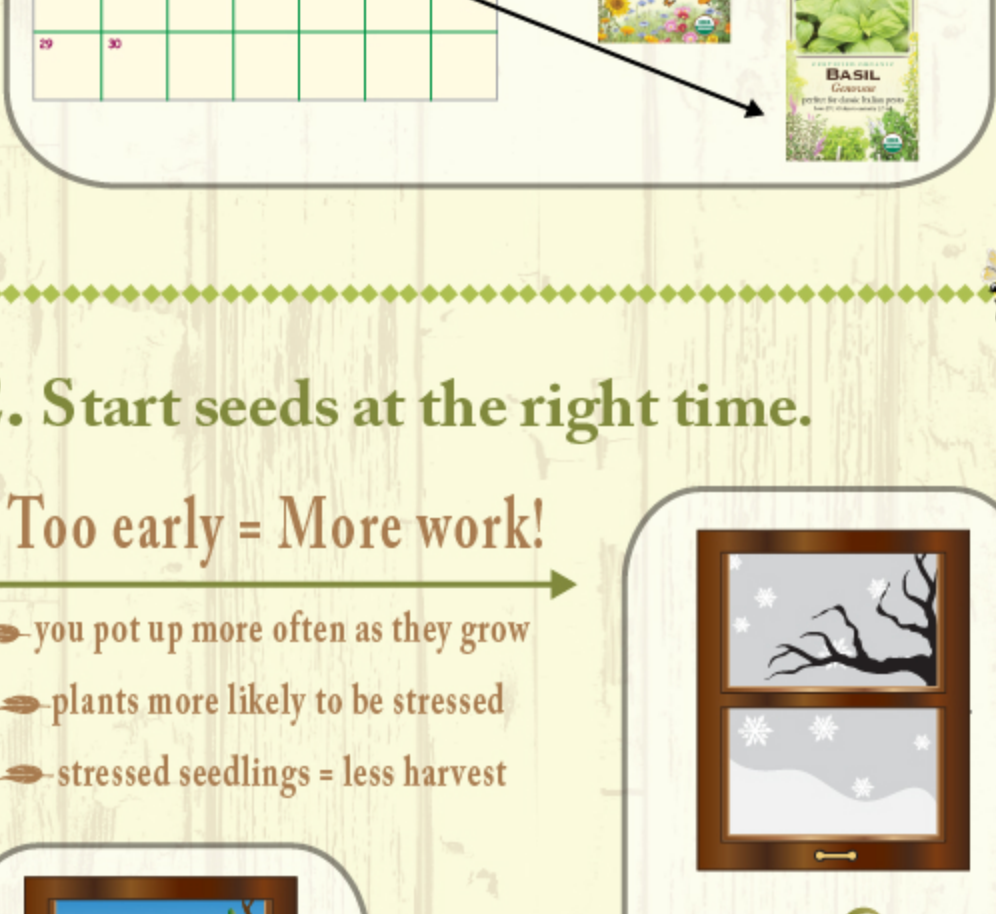


7 Essential Seed Starting Tips

(and simple solutions to 5 common mistakes)

1. Resist starting everything at once!

For healthy seedlings, timing is everything.



2. Start seeds at the right time.

Too early = More work!

- you pot up more often as they grow
- plants more likely to be stressed
- stressed seedlings = less harvest



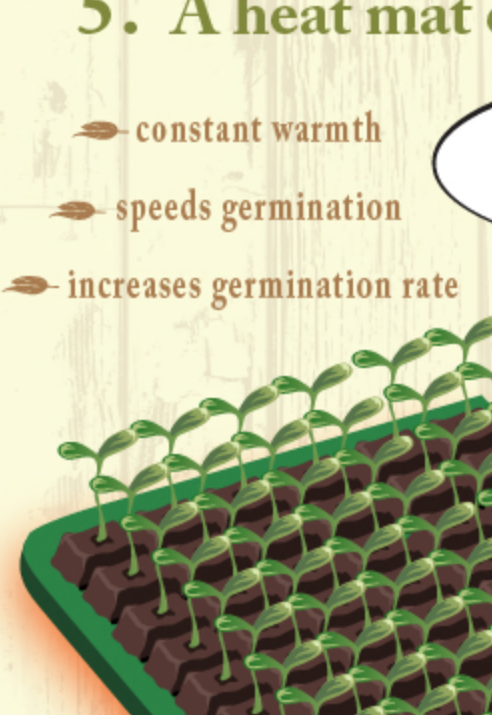
Right time = Less work!

- plants less likely to be stressed
- healthy seedlings = more abundance

3. Soil blocks are best.

soil blockers are easy and fun to use

- more soil + nutrients per volume
- naturally air-pruned roots
- healthy happy seedling



Cell trays are second

- less soil + nutrients per volume
- roots circle around cell = root bound
- easily stressed seedling



4. Remove air gaps.

For cell trays, tamp down gently.

- more soil + nutrients = healthier seedling
- roots transplant well



- less soil + nutrients = stressed seedling
- roots transplant poorly

5. A heat mat changes everything.

- constant warmth
- speeds germination
- increases germination rate

"Once you invest in a heat mat you will wonder why you didn't years ago."



- soil easily dries out, be sure to keep moist

6. Light = Life.

- if your plants start to lean toward the window, it's too late



- invest in full-spectrum LED lights rather than less effective fluorescent 'grow lights'

7. Healthy seedlings are: short, stout & deep green.

- short & stout = plenty of light
- deep green = plenty of light & nutrients



"Once your seedlings are leggy, it's best to start over."



- leaning, leggy seedling = need more light
- pale plants = need more light + nutrients

Simple Solutions to 5 Common Mistakes

1. Egg cartons are great for eggs.



- little soil for growth beyond germination
- dries out easily
- curves damage fragile roots when potting up

2. Sow 2-3 seeds in each soil block or cell.

Optimize your time and space.



"Use scissors to thin seedlings to maintain healthy roots."

- ample nutrients & light = health

- competition for nutrients & light = stress

3. Bottom-watering is your new best friend.

- maintains soil & seeds
- keep moisture at the roots (where you want it)

- top watering displaces soil & seeds
- encourages 'damping off' and other diseases

4. Acclimate your seedlings.

Transition your seedlings to life outside 5-7 days before transplanting:

- gradually increase exposure to direct sunlight
- reduce watering

- foster resilience in fluctuating temperatures

- bring frost-sensitive seedlings back inside if nights may freeze

- bring solanaceous seedlings back inside if it nights are under 50 F

5. Everyone Makes Mistakes.

Mistakes are inevitable and great opportunities to learn.

Don't struggle alone!

Keep in touch...

Dig in
and join the fun!

Ask questions, build community and celebrate abundance at: