

Seed Starting Checklist

Whether you are new to planting seeds or if you have been planting for years, having the proper supplies will help ensure healthy, green seedlings for your gardens.

- Seeds
- Growing Medium
- Containers
- Plant Labels
- Heat Mat
- Grow Light

Seeds - It's important to choose fresh, quality seeds from a reliable source. You can use seeds saved from a previous year as long as they were stored in a cool dry place.

Growing Medium - Seeds should be planted in a soilless seed starting mixture with no fertilizer. Seed starting mixtures contain equal parts peat moss and vermiculite or perlite. Soil from your garden is not recommended as it may contain weeds, diseases and is too heavy for small seedlings.

Containers - Clean peat pots or plastic containers should be used to plant your seeds. Be sure that they have adequate drainage.

Plant Labels - Using a waterproof marker or pen, label your containers with plastic or wooden plant markers. This will prevent confusion with your growing seedlings.

Heat Mat - Most seeds need warmth to germinate. Using a heat mat will help ensure consistent, warm soil temperature.

Grow Light - When your seeds begin to sprout, you can use a grow light to provide the 14-16 hours of light required daily to prevent your seedlings from getting too leggy.

Be sure to read the back of your seed packets to find out how many weeks each variety takes to grow before the last frost date.

