

# Seed Starting for the Home Gardener

"A seed is a plant in a box with its lunch." - Occidental Arts and Ecology Center

## *Supplies*

seeds

seed starting mix and potting soil

watering can, spray bottle

heat mat

trays and domes, any container that has drainage, paper pot maker

tags and pencil

shop lights

soil blocker

## *Ideal Conditions*

microclimate

timing, season and last frost date/first frost date

day length

heat 65°-70°F, for most seeds

humidity, air circulation

water

full spectrum light

thinning

fertilizer

hardening off

transplanting

## *Potential issues during seed growth*

leggy seedlings

damping off, mold

aphids, fungus gnats

## *Easiest seeds to start indoors, February through May*

Basil

Lettuce

Marigold

Beans

Peas

Nasturtium

Broccoli

Pumpkins, Squash

Sweet peas

Chard

Tomatoes\*

Zinnia

Cucumbers

Amaranth

Kale

Cosmos

Maritime Northwest Garden Guide, Seattle Tilth, 2014

Growing Vegetables West of the Cascades, Steve Solomon, 2007

Johnny's Selected Seeds, Maine

Territorial Seed Company, Oregon

Flowers Sow Urban

flowerssowurban.com



Agnes P. Cwalina

Urban Flower Grower

flowerssowurban@gmail.com