

HOW TO START YOUR GARDEN FROM SEED

Whether you would like to grow flowering annuals, dependable perennials, vegetables or herbs, starting from seed is an inexpensive and rewarding way to beautify your landscape and bring fresh vegetables to your table! It is significantly cheaper than buying grown plants and purchasing seed gives you a much larger variety to choose from.

There are different methods for growing plants from seed, and as you get started you will come to learn your preferred style. Starting seeds indoors gives us the opportunity to get a head start on the growing season when outside weather conditions are not favorable. It also allows us to control the planting conditions to give seedlings the best possible start. Alternately, directly sowing seeds outdoors can be mandatory for some varieties of seed, so learning how to use this method will bring much success as well. If you are willing to be patient, anyone can grow plants from seed!



www.EdenBrothers.com

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4 STEPS FOR DIRECTLY SOWN SEEDS

ONE

DECIDE WHEN TO PLANT

It is a pleasant surprise for many gardeners to learn that seeds can be successfully installed at various times throughout the growing season. Though spring is the most common and conventional time of the year to sow seeds, successful results can also be achieved by planting in summer and fall as well. This season versatility is a great advantage to gardeners and brings many diverse benefits and possibilities.

TWO

SELECT YOUR SITE

It may sound obvious enough, but choosing the most advantageous site on your property is a very important determinant in the eventual success of your garden. The most important factors to consider in this regard are the amount of average daily sunlight, the relative quality of the soil, and the accessibility to a water source like a hose or a sprinkler. The site you choose should receive at least 8 hours of sunlight each day.



THREE

PREPARE THE SITE

This is an absolutely vital step in the installation of any successful seed project. For smaller sites, a rake, hoe, or shovel is often sufficient to do the trick of removing unwanted grass, weeds, etc., while for larger sites, a roto-tiller is often the preferred method. The bottom line is: work the soil with a light tilling, removing all unwanted debris so that your seeds will ultimately fall on bare soil. You may need to amend your soil with an organic garden mix or well-aged compost.

FOUR

TIME TO PLANT!



There are many effective installation techniques, and again, the size of the project will probably determine which makes the most sense for you. Wildflower and flower seeds can be broadcast by hand on smaller jobs, or a rotary seeder may be used for larger jobs. Many wildflower and flower seeds need light to germinate, so we recommend that you lightly compress your seeds into the soil, no more than a ½ inch, so as to protect them from birds, wind disbursement, etc. Compress, not bury.

Vegetable seeds can either be planted in rows, mounds, or inverted mounds. Refer to our website for specific planting instructions for each variety. Rows are created by digging shallow furrows and spacing out seeds according to their needs. Mounds allow for good drainage, while the soil remains warmer with more sun exposure. Inverted mounds are a great idea for drought tolerant gardens, planting seeds around the circumference of the mound and watering inside.

Newly sown seed needs to be kept moist but not waterlogged.

For additional, more specific information please visit our website at www.edenbrothers.com

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6 STEPS FOR GROWING INDOORS

ONE

FILL YOUR CONTAINERS OF CHOICE

We like to use a soilless seed-starting mix that can be found at most garden centers. This mix is sterile, light and loose, and free of unwanted weed seeds. Providing your young seedlings with the nutrients they need along with a medium that is tailored to drain well yet stay moist is most important at this stage. Fill your containers to the top and lightly moisten the medium in preparation for sowing the seeds.

TWO

GENTLY SOW YOUR SEEDS

In each cell make one or two impressions into the soil with your fingertip and drop a seed into each impression. Press the seeds into the soil to make sure there is good, firm seed-to-soil contact. This will help with germination. Rule of thumb is to plant as deep as 3-4 times the seeds' diameter. For most seeds, this is ¼" – ½" deep. Reference your seed packet or our website for specific information. Sprinkle more soil on top, enough to cover the seeds, and water lightly with a spray bottle so as not to wash away your seeds.



THREE

LABEL & COVER

Label your containers, noting the variety and date planted. If you keep a gardening journal, you can note when you planted, and how long it took for each variety to germinate so you can reference this information next year.

Cover your tray or containers with a plastic cover, plastic bag or wrap. Making sure the bag or wrap stays off the soil surface, cover the newly planted seeds to trap condensation and keep the soil moist and warm.

It's important to know that to germinate, some seeds require warmth and moisture, not light. Light that is too strong can dehydrate the flat, or it can cause too much moisture to be trapped under the plastic, which could rot the seeds. A warm soil temperature of 70-75° F is optimal for seeds to sprout.



FOUR

PROVIDE AMPLE LIGHT

As soon as the seeds sprout and have broken through the soil surface, remove the plastic and provide ample light. Move to a sunny, south-facing window or place under grow lights. Young seedlings need at least 8 hours of sunlight a day.

Check moisture levels daily and if the soil is not moist, then water. Either use a spray bottle and mist, or water from the bottom by placing your containers into a large tray, filling with water and allowing the water to work its way up from the bottom. Once the surface of the soil is moist, you can take the flat out of the water tray.

FIVE

THIN EXTRA SEEDLINGS AND LIGHTLY FERTILIZE

3-4 weeks after sowing and when the plants are established, cut unwanted or extra seedlings off even at the soil surface (rather than lifting them and disturbing the roots of the seedlings nearby). When your young plants need more room and are ready to be transplanted to a larger pot, use potting soil as your planting medium. Add some complete soluble fertilizer to the water once or twice before your plants go into the garden.

SIX

INTRODUCE YOUR PLANTS TO THE OUTDOORS

Begin the hardening off process by introducing your plants to the outdoors. Your seedlings may be indoors for 6-8 weeks. During weeks 8-10, start hardening them off by putting them outside for 2-3 hours a day in full sun and then bringing them back in. Do this for one week, increasing an hour each day. By the second week you can leave them out all day and night provided it doesn't freeze.

