

# Vegetable Seed Sowing

## Research:

- Where to plant seed?
- What type of conditions does it require? (sun/shade, soil ph, water etc)
- How to sow? Direct sow seeds into soil (D) or sow into containers and transplant (T)
- How deep to plant seed? Usual rule is twice the diameter of the seed.
- Sow seed in rows, criss-cross pattern (more natural) or scatter?
- How far apart to sow seed?
- Does seed need any preparation such as to be soaked overnight before planting?
- What type of propagation mix to use/make?

## Materials:

- Prepared garden bed or pots
- Potting propagation mix (loose moist soil with no stones, sticks or large clumps/sieve)
- Marker and plant ID tag/label
- Seeds
- Spray bottle/water

## Instructions:

- Gather materials and place propagation mix evenly in the container, water lightly and gently.
- Make small indents in the propagating mix for seeds considering the depth the seed should be planted
- Place seed in mix/soil. (Lightly scatter very small seeds onto the surface and press lightly and sprinkle with more mix. Ie lettuce)
- Cover with soil.
- Immediately water gently or spray with spray bottle or hose lightly.
- Label with name and date seed is sowed.
- Place in warm spot, plenty of light but not in direct sunlight. Protect your seeds from birds, earwigs, snails and slugs.
- Keep soil moist but not soggy, and never allow it to dry out completely.
- After about 10 dys-3weeks you should see the initial 2 leaves which often look different to the adult leaves. Your plant is a seedling now!
- Transplant your seedlings when they have at least 4 to 6 true or adult leaves.

## Watering Tips:

Seeds require constant moisture to germinate and grow into seedlings

- Make a mini hothouse environment. Place in a greenhouse, use a closh, or cover with a plastic bag sealed to keep warmth and moisture in for the germination period.
- Water with a fine spray - more frequently in hot weather, don't allow to dry out completely.
- Place seedlings on a piece of towelling to maintain moist environment or in a moist sand tray

Seeds do not need fertilizer while germinating. Fertilize seedling using Seaweed liquid fertilizer, worm juice/casting, or other natural fertilizers.