Start Seeds Indoors

MAKES 32 plants | TAKES 30 minutes | COSTS ~$15

1. Place 32 "cells" (planting pots) in tray and, using trowel, fill each cell with potting soil.

2. Use spray bottle or watering can to thoroughly moisten potting soil in cells.

3. Use popsicle sticks and permanent pen to make label for each cell or group of cells.

4. Make 1 hole in each cell for 1 seed (depth of hole depends on planting depth specified on each seed packet).

5. Carefully drop 1 seed in each hole at appropriate depth.

6. Gently add thin layer of soil on top of seeds.

7. Lightly water again with spray bottle or watering can.

8. Put tray in warm place to wait for germination (see seed packet for specific germination timing). Keep seeds and soil consistently moist, watering or misting 2 times per day.

9. When seeds germinate and plants emerge—usually within 7 days—give them as much light as possible by placing them in a south-facing window or under a grow light. Keep plants consistently moist.

10. After 4–6 weeks, when you see the first "true leaves" and plant is several inches tall, transplant outside to a sunny location with good soil. To transplant, first water plant in cell. Then, remove plant from cell and rough up roots to help them expand into their new, larger home. Then, carefully place each plant in small hole in garden bed, fill in hole around plant with soil as needed, and firmly press soil around plant to eliminate any air pockets. Gently water, and let the growing begin.

Supplies
Potting soil
Seeds (lettuce, chard, kale, and/or spinach)

Equipment
Seed-starting tray
32 2" planting pots ("cells")*
Trowel
Spray bottle
Watering can
Popsicle sticks
Permanent pen
Optional: Grow light, one option is Hydrofarm JSV2 2-Foot Jump Start T5 Grow Light System)
*other sizes also okay

Want to learn more and see this process in action with Bryant and Kylie from the Urban Farm Company of Colorado? View the Hatch Lab video now at hatchlab.net. In just 30 minutes, you'll know exactly how to start your greens indoors with confidence!