



# Indoor Seed Starting Tips

1. Order good quality seeds, store in cool dry place.
2. Don't jump the gun and plant too early. This results in plants that are root bound, leggy, and too big for transplant. Know our last frost date ( I go with May 15th ) and read the seed packet to see how many weeks before that to start seeds. or find a nice [chart](#) with planting dates.
3. Use a good quality seed starting mix. I use [Promix](#) it works great for me you can find it at many professional growing stores.
4. Use new or clean seed starting trays. If you reuse old trays clean them well with bleach water and let them dry before using. This will insure any residual fungus is removed from previous growth.
5. Seeds germinate best in warm soil. A [seed starting heating mat](#) .
6. I like good quality seed trays. I like the with 3 inch deep cells. Also good heavy duty seed bottom trays. Also clear plastic seed tray covers

## Lets get started.

1. Fill seed tray cells to 1/8 of an inch from top with seed starting mix. Crush up and large soil chunks so seeds can sprout easily.
2. place seeds in cells at depth recommended on seed pack.
3. fill bottom tray 1/4 to 1/2 full with very hot water from sink. This will take a little trial and error depending on size of cells and type of soil you want the water to wick up to top of cell and keep seeds moist until they sprout. Hot water at first will speed up germination.
4. Put on heat mat, and cover with plastic dome to keep moisture & heat in
5. Pull cover off as soon as seedlings appear.
6. Key to healthy seedlings is to always water from bottom. Let bottom tray dry out before watering, then do not over water. Water enough in bottom to soak part way up soil, keep top of soil dry. Make sure tray is level so it gets watered evenly.
7. Light on new seedlings is important. If using grow lights 16 to 18 hours. If using window light try to get as much light as possible and rotate tray so it gets even light.

## Happy Growing



[www.theunitygardens.org](http://www.theunitygardens.org)

# Soil temps. for seed germination

Vegetable	Min (°F)	Optimum Range (°F)	Optimum (°F)	Max (°F)
Asparagus	50	60-85	75	95
Bean	60	60-85	80	95
Bean, Lima	60	65-85	85	85
Beet	40	50-85	85	85
Cabbage	40	45-95	85	100
Carrot	40	45-85	80	95
Cauliflower	40	45-85	80	100
Celery	40	60-70	70	85
Chard, Swiss	40	50-85	85	95
Corn	50	60-95	95	105
Cucumber	60	60-95	95	105
Eggplant	60	75-90	85	95
Lettuce	35	40-80	75	85
Muskmelon	60	75-95	90	100
Okra	60	70-95	95	105
Onion	35	50-95	75	95
Parsley	40	50-85	75	90
Parsnip	35	50-70	65	85
Pea	40	40-75	75	85
Pepper	60	65-95	85	95
Pumpkin	60	70-90	90	100
Radish	40	45-90	85	95
Spinach	35	45-75	70	85
Squash	60	70-95	95	100
Tomato	50	70-95	85	95
Turnip	40	60-105	85	105
Watermelon	60	70-95	95	105

