



WINTER SEED SOWING



The **easy** way to start seeds **OUTDOORS** when it is freezing outside

SEEDS (Many more flowers & vegetables are possible. A sample list is below)

- Seed coats open when ready for germination
- Annuals: marigolds, cosmos, calendula, salvia, celosia, zinnia
- Perennials: Echinacea, rose campion, bee balm, daisy, yarrow, coreopsis
- Vegetables: lettuces, swiss chard, beets, tomatoes, cucumbers, peppers

SOIL (GROWING MEDIUM)

- No garden soil, bagged soil, or compost to avoid **DAMPING OFF**
- Potting **MIX** over Potting Soil

CONTAINERS

1. FIND clear or semi-transparent containers

Deep enough to hold 2-3 inches of potting mix

Recycle milk jugs, juice, water containers, produce & takeout clamshells

2. RINSE/CLEAN

1. Make 4-5 drainage holes in bottom.
2. Make holes in top or take off cap
3. Cut opening at least 2 inches **ABOVE** where potting mix will be
4. Moisten potting mix well. Then transfer into container
5. Plant seeds (depth related to size, earliest to transplant first)
6. Tape opening

3. LABEL

4. Set **OUTSIDE**. Needs sun, rain/snow, good drainage, secure spot
5. Transplant seedlings when favorable temperature outside for that plant.