

STARTING SEEDS INDOORS

WHAT SHOULD I PLANT?

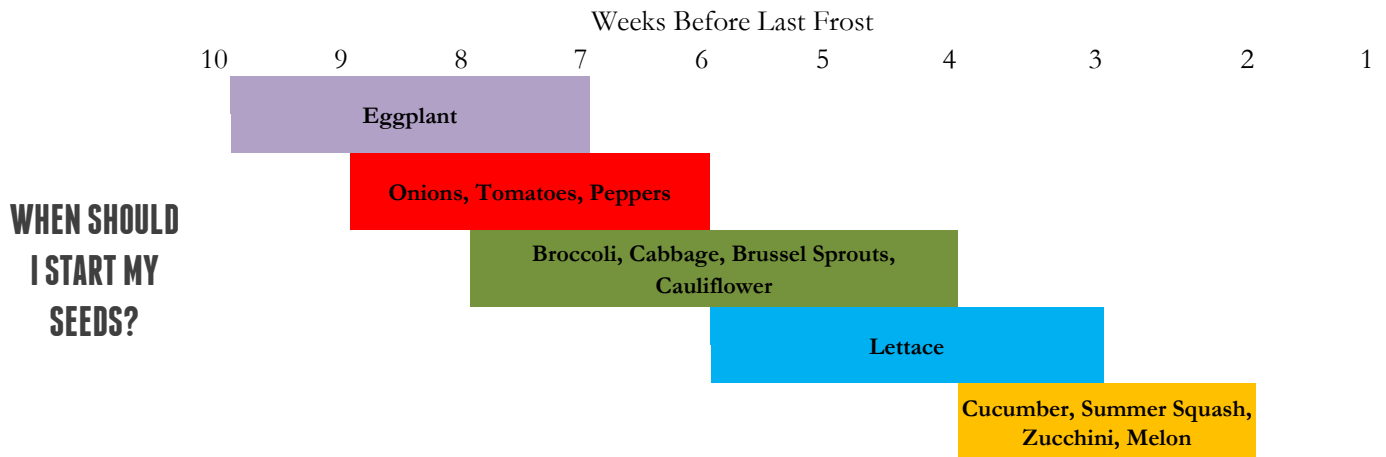
- ◆ Microgreens or vegetable starts
- ◆ Examples of seeds to start indoors vs. seeding directly outdoors, include:

Direct Sow	Start Indoors
Beets	Broccoli
Carrots	Tomato
Kale	Pepper
Spinach	Zucchini
Radish	Eggplant

- ◆ Check seed packet to find out if you should start it indoors
- ◆ Microgreens: arugula, cress, mustard greens, beet

WHAT MATERIALS WILL I NEED?

- ◆ Seeds: buy online or at nursery, or get from seed bank at Fitchburg Public Library, or at Annual Gardeners' Gathering Seed Swap!
- ◆ Potting Soil or Seed Starting Mix
- ◆ Containers: egg cartons, egg shells, yogurt cups, plastic cups, Plastic or Styrofoam Tupperware for microgreens
- ◆ Spray bottle or recycled water bottle with holes in the cap



WHEN SHOULD I START MY SEEDS?

HOW SHOULD I CARE FOR MY SEEDS?

- ◆ Set on window sill of a south facing window or under fluorescent lights (“grow lights”)
- ◆ Water vegetable starts daily, or when soil feels dry all the way through
- ◆ Water microgreens once or twice daily, with spray bottle if possible
 - * Microgreens will be ready to harvest in 2-3 weeks — look for first sign of true leaves then cut with scissors right above the soil and enjoy!

HOW SHOULD I TRANSFER MY SEEDS OUTSIDE?

- ◆ Last frost date (May 11th) is when you can start moving outdoors — check weather forecast to make sure there is no chance of frost
- ◆ Move plants outside in containers first for a few hours a day, gradually increasing to full days, for about a week
- ◆ Plant the seedlings in the ground and let the growing season begin! Happy Spring!

HAVE MORE QUESTIONS? CHECK OUT AG.U MASS.EDU/FACT-SHEETS/STARTING-SEEDS-INDOORS OR CALL GROWING PLACES AT 978-598-3723