



GIY: Grow it Yourself- From Seed!

Planting Edibles from Seed and Seedling



Why should I plant edibles from seed?

- More varieties are available as seeds than from full-grown plants.
- It's cheaper than store-bought groceries or container plants
- Easily accessible - just step outside your door
- You control the quality & quantity
- Encourages sharing and networking
- Keeps yourself fed
- It's fun!

Should I sow seeds indoors or out?

If you plant seeds indoors (seed starting), you transplant them into your garden later. Seeds are generally easier to start indoors than outdoors. You can more easily provide the perfect conditions for germination including ideal temperature, moisture, and fertility. In areas with a short growing season, you can have vigorous seedlings ready to go into the ground at the ideal time.

With direct seeding, you skip the indoor step and sow the seeds directly in your garden. Direct seeding is best for crops that dislike transplanting. These are usually cold-hardy vegetables, so you can direct seed them pretty early.

Plants that start well indoors: Broccoli, Brussels sprouts, cabbage, cauliflower, celery, egg-plant, head lettuce, leeks, onions, parsley, peppers, and tomatoes.

Plants that start well outdoors: Root plants (carrots, beets, turnips, etc.) corn, beans, and peas.

SEED PACKET JARGON: Here's a list of what the words and expressions mean.

Seeds are **sown**, plants are planted.

Transplants and **seedlings** are small, young plants.

Germinate = when the seed starts to grow and develop a root & stem.

In heat = a heated area for growing in. It helps seeds germinate. Most often needed for crops, such as tomatoes, that originate in warm countries.

Transplant = Move young plants from one growing spot to another. Sometimes from a pot to the garden, sometimes from one part of the garden to another. The young plants are often also called 'transplants'.

Harden off = acclimatize young plants, growing in pots in a warm place, to outside conditions. It often means moving the plants outside during the day, and returning them inside at night for a few days/weeks.

Thinly = sowing thinly means not too many seeds all in one spot. When handling small seeds, mix them with a handful or two of dry sand. This automatically makes it easier to sow the seeds more thinly.

Thin = remove plants in order to allow more space for the remaining ones to develop. 'Thin to 5cm apart' gives 5 cm space between each plant. You can often use the plants you've removed somewhere else in the garden, if you dig them out carefully when thinning.

Spacing = space between plants in a row, and distance between rows.