

# SOWING SEEDS – INDOORS



## What you need

**Seeds:** You can get your seeds from a seed swap/library such as the WTL Seed Library, from local community gardens or online from Vital Seeds, Real Seeds, Seed Cooperative or in supermarkets. Check the sowing time of your seeds!

**Container:** Use model trays or recycle whatever you have: used but cleaned plastic containers, yoghurt pots, egg boxes etc. Make sure to make holes in the bottom for drainage!



**Compost:** Ideally use seed compost. Seeds do not need a lot of nutrients to germinate, and prefer airy soil. But do not worry too much about it, if you have multipurpose (peat-free!) compost, that should work!

**Labels/Pen:** Recycle cardboard, wooden cutlery, lollipop sticks etc.

**Water:** Use either a tray filled with water to drain the container from underneath or a watering can with a fine rose, which you can easily make yourself out of an old bottle/milk container by cutting tiny holes in the lit.

And off we sow!



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## How to proceed

- Fill your container with compost and gently press it down. Sow your seeds according to the instruction on the packet. In most cases, you simply create small holes about twice as deep as the seed is big, fill each of them with a seed and cover them up again.
- Drain the container with water, label it with the type and variety of seed, plus the sowing date. Then place it in a warm spot.
- Seeds require quite a bit of warmth but not necessarily sun to germinate. After germination move your seeds to the sunniest spot in your house, as the new leaves will need full sun to grow and thrive! For extra warmth loving seeds like chillies & peppers wrap a plastic bag around them, it creates a lovely humid environment for them to sprout!



- Always keep the soil nicely drained but not soggy!
- Turn your container once a day; your seedlings grow towards the sun, so - unturned - you'll end up with bendy & leggy plants.
- Occasionally brush gently over your seedlings to resemble wind, it makes them stronger!
- Be patient! Seeds often germinate within a few days, but some just take a bit longer!



Once the first set of leaves have appeared, transplant each seedling in a separate container. Be very careful not to destroy the roots! Use your label or a pencil to dig them out and always lift them by the leaves, not the stem. Create a hole in the compost, place your seedling in and firm up the soil around it. Continue to provide them with water, sun & "wind."