

Seed Starting at Greensgrow Farms

March 12th 2016

Introduction to starting your own seeds at home!

1. Gather Containers
2. Choose seed varieties and potting soil
3. Choose a site based on light and heat
4. Plant seeds, water in, maintain lighting and soil temperature
5. Transplant young seedlings up for continued growth
6. Harden off and plant outside when ready

Crops for Spring	Weeks from seed to Transplant	Crops for summer	Weeks from Seed to Transplant
Arugula	Finish indoors	Peppers	8-10 weeks
Lettuce	Finish indoors	Tomatoes	6-8 weeks
Pea shoots	Finish indoors	Winter Squash	3-4 weeks
Kale	2-3 weeks	Eggplant	8-10 weeks
Beets	3-4 weeks	Cucumbers	2-3 weeks
Onions	9-12 weeks	Summer Squash	2-3 weeks

Keeping seed-starting media warm with heating mats or lamps will speed up germination, enable consistent germination, and encourage quicker plant growth. Aim to keep your soil 65-75 degrees (even 80 degrees for tomatoes and hot peppers). Keep in mind Philadelphia is mostly frost-free after mid April, so your crops will be safe outdoors by May 1st. Keeping row cover handy for your garden until mid-May will protect Summer veggies like tomatoes and squash. First frost is around late October, so make sure your cold-hardy plants are ready to go in your garden by then if starting indoors.

Seed starting supplies available at Greensgrow:

Potting soil and compost
Seeding trays and covers
Seeds
Watering cans

Other Resources for home gardening:

Johnny's Select Seeds (for seeds, season extension supplies, heat mats, lighting)

Organic Gardening website and magazine (for planting guides and growing tips)

Mother Earth News (for small scale gardening ideas)