



SEED SOWING INSTRUCTIONS

When to sow seeds

Indoors 10-12 weeks before last frost Mar 6-Mar 26 Sow seeds of:	Indoors 8 weeks before last frost Mar 27-Apr 2 Sow seeds of:	Indoors 6 weeks before last frost Apr 10-Apr 16 Sow seeds of:	Indoors 4 weeks before last frost Apr 24-Apr 30 Sow seeds of:	Outdoors Plant directly in garden 4 weeks <i>before</i> last frost Apr 24-Apr 30 Sow seeds of:	Indoors 2 weeks before last frost May 8-May 14 Sow seeds of:	Outdoors Plant directly in garden <i>after</i> last frost May 21- May26 Sow seeds of:
Celery Eggplant Lavender Leek Onion	Alyssum Basil Marjoram Okra Parsley Peppers Tomatoes	Beets Broccoli Brussels sprouts Cabbage Cauliflower Chives Cilantro Collards Cucumber Dill Fennel Kale Kohlrabi Oregano Pak choi Rutabaga Sage Swiss chard* Tomatoes Thyme Zinnia Zucchini	Cantaloupe Cleome Cosmos Lettuce Marigolds Melons Nasturtium Pumpkin Squash Tatsoi Watermelon Zinnia	Arugula Asian greens Beets* Carrots* Chard* Dill Mizuna* Mustard* Peas Potatoes* Radish Sorrel Spinach Turnip*	Muskmelon Sunflower (ornamental)	Beans Carrots* Corn Cowpea Crowder peas Potatoes* Strawberries Sunflowers Sweet Potatoes Sunflowers (for seed)

* seeds with a * next to them can be planted indoors before frost, or outdoors a few weeks later

What to do -

- **First, check which seeds get sown when**

- Seeds are sown at different times: 8, 6, 4, and 2 weeks before the last expected frost date of May 21st. Some seeds will be sown directly in the gardens, either in late April or after the last frost (beans, corn, and sunflowers, for example).
- Check the seed table on the next pages to see which seeds you are going to sow now (8 weeks before frost).
- Two weeks from now, you'll sow the 6-weeks-before-frost seeds indoors, and two weeks later, the 4-weeks-before frost seeds, and so on.

- **Sow the seeds**

- Pour 6-10 cups of water into the flats and let soil soak up the water from the bottom (soil should be moist on top)
- Depending on how deep the seed gets sown, gently poke small depressions in the soil in the center of each cell with a pencil or your finger.
- Carefully drop a seed into the depression. For small seeds you may put 1-2 seeds in each depression. Cover with dirt making sure seeds are not buried too deep.
- Seeds that are sown very shallow (1/8") can just be sown on top of the dirt and pressed in gently.
- Cover each flat with Saran wrap. This keeps in the moisture until the seeds sprout.
- Remove the Saran wrap as soon as seeds have sprouted!

- **Set up the lighting station:**

- Place the bricks on top of a couple books about 4 feet apart.
- Place the two shoplights on top of the bricks (*not* the books – bricks can't burn)
- Place the flats under the lights. Adjust the height of the lights so they are 3-4 inches above the flats (and never let the lights touch the leaves or the Saran wrap!)
- As the transplants grow, add more books beneath the bricks so the lights stay 3-4 inches above the leaves. **Check the height every time you water.**

- **Watering**

- Soil should never dry out or be crusty on top, nor should it feel wet or soggy.
- **Water plants about every other day after they've sprouted.**
- To water, mix 1-teaspoon fertilizer into 4 cups of water and pour into the bottom of the flat. Pouring water on top of the transplants may make them fall over.

- **Light**

- **Turn the lights on when you get up, and off when you go to bed.** Transplants need 14-16 hours of light per day. Don't put the transplants in a sunny windowsill as the sun may dry them out.
- Keep transplants away from cold drafts

How to sow seeds

SEED	Seed depth	Large or small cell to sow in?	How many days till it should sprout?	How many days after sprouting till harvest?	Planting info for week of May 21 st
Arugula	1/4"	outdoors	7-14	21-40	Can be sown outdoors in April, 4" apart, or indoors in late March. Likes cool temperatures.
Basil	1/4"	S	6-12	65	Plant 1 foot apart
Beans	1"	S	7-10	55-95	Sow outdoors <i>after</i> last frost, 2" apart in two lines. Place a trellis between the lines.
Beets	1/4-1/2"	S	5-10	45-60	Plant 9 transplants per square foot (3" apart). Both the greens and the round root can be eaten raw or cooked.
Broccoli	1/4-1/2"	S	3-15	45-85	Plant 1 foot apart in garden after last frost. Plant in a sunny spot. Harvest the main head before the flowers turn yellow. The plant will then grow smaller side heads. Leaves can be eaten like collard greens.
Brussels sprouts	1/4"	S	10-15	85	Plant 1 foot apart in garden after last frost. Start harvesting sprouts as they ripen or wait and harvest entire plant in fall. Leaves can be eaten like collard greens.
Cabbage	1/4-1/2"	S	4-14	65	Plant 1 foot apart in garden after last frost
Carrots	1/4-1/2"	outdoors	14-21	65	Plant 16 seeds per square foot. Can sow every few weeks for longer harvest period.
Cauliflower	1/4-1/2"	S	3-8	70	Plant 1 foot apart in garden after last frost. Cover developing head with leaves for whitest head. Leaves can be eaten like collard greens.
Chard	1/2"	S	10	40-60	Plant 4" apart in garden after last frost. Can start picking leaves when fairly small.
Chives	1/4"	S	10-20	90	Plant 1 foot apart in garden after last frost. Do not remove in fall; is perennial.
Cilantro	1/4"	S	15-20	65	Plant 1 foot apart in garden after last frost. Pick leaves often and remove flower buds.
Collards	1/4"	S	10-14	65	Plant 1 foot apart in garden after last frost. Pick leaves as you need them.
Corn	1-2"	outdoors	4-12	73	Soak seeds in water overnight. Sow seeds in garden 1 week <i>after</i> last frost, in at least a 2 foot by 2 foot block, 6" apart. Shake tassels gently to pollinate. Harvest when the silks are dried and there are kernels all the way to the top of the ear.
Cucumber	1/2-3/4"	S	4-12	60-65	Plant four plants 1 foot apart in two rows on either side of a trellis. Prevent powdery

					mildew: water the soil not the leaves, don't let water or soil splash up onto the underside of leaves, and never work in garden when it's wet. Dust leaves lightly with baking soda once a week. Only plant disease-resistant varieties.
Dill	1/4"	S	7-21	45-55	Plant 1 foot apart in garden after last frost. Pick the leaves for salads, soups, and fish. In fall, save the seeds to grow and for seasoning.
Eggplant	1/4"	L	7-14	65-75	Plant 1 foot apart in garden after last frost. Eggplants do not like cold weather. Harvest after fruits reach 4-6". <i>Note: tomato, potato, pepper, and eggplant leaves are toxic.</i>
Fennel	1/4"	S	7-10	65-100	Plant 1 foot apart in garden after last frost. Fennel is very closely related to Dill.
Kale	1/4"	S	3-8	30-60	Plant 1 foot apart in garden after last frost. Cook like collards or cut finely for salads. Cover with much in fall and it may overwinter.
Kohlrabi	1/4"	S	3-15	30-60	Plant transplants 1 foot apart in garden after last frost. Excellent greens, and bulb is good sliced and cooked in a light lemon broth.
Leek	1/8"	S	7-21	100	Needs light to germinate. Sow 10-12 weeks before frost. Plant 4-6" apart.
Lettuce	1/8"	S	5-10	30-60	Plant 4 transplants per square foot, or seed directly 2" apart. Leaf lettuces are ready to harvest before head lettuces. Once lettuce "bolts" (grows flower stalks) the leaves will become bitter.
Marigold	1/8"	S	4-7	-	Plant 1 transplant per square foot. Roots exude a chemical that repels nematodes.
Marjoram	1/8"	S	7-10	70	Plant 1 transplant per 2 square feet. Do not remove in Fall; is perennial.
Melons	1/2-1"	L	10-20	70-100	Plant 1 transplant per 4 square feet. Melons can be grown on a trellis or allowed to weave through the other plants in the garden. Prevent powdery mildew: water the soil not the leaves, don't let water or soil splash up onto the underside of leaves, and never work in garden when it's wet. Dust leaves lightly with baking soda once a week.
Nasturtium	1"	outdoors	7-14	55-65	Soak seeds in water overnight. Sow seeds in garden 2 weeks <i>before</i> last frost.
Onion	1/8-1/4"	S	4-14	65	Onions can be grown from seed or from slips (small plants). Onion seeds should be sown 10-12 weeks before last frost.
Oregano	1/8-1/4"	S	7-14	80-90	Plant 1 transplant per 2 square feet. Do not remove in fall; is perennial. Pick leaves as needed for pasta sauce, meats, dressings.
Pac Choi	1/8"	S	3-8	45-60	Plant 1 transplant per square foot. Can be harvested after reaches 6". Do not let it bolt (grow flower stalks) or leaves will be bitter.

Parsley	1/4"	S	14-28	75	Plant 1 transplant per square foot. Parsley sometimes overwinters.
Pea	2"	outdoors	6-14	58	Plant 8 seeds in a line 2" apart in front of a trellis.
Pepper	1/4"	L	8-12	70-78	Plant 1 transplant per square foot. Peppers can be harvested anytime from the green stage to the red stage. <i>Note: tomato, potato, pepper, and eggplant leaves are toxic.</i>
Potatoes	1-2"	outdoors			Plant 4 potatoes per 4 square feet. Keep stems from flopping onto other plants by loosely encircling them with twine when large enough. Potatoes are ready to harvest once stems have turned yellow and withered. Do not eat any part of a potato that has turned green; this means it was exposed to light and is toxic. <i>Note: tomato, potato, pepper, and eggplant leaves are toxic.</i>
Pumpkin	1/2"	L	7-14	80-100	Plant 1 transplant per 4 square feet. Small pumpkins can be trellised or allowed to weave through other plants. Prevent powdery mildew: water the soil not the leaves, don't let water or soil splash up onto the underside of leaves, and never work in garden when it's wet. Dust leaves lightly with baking soda once a week. Only plant disease-resistant varieties.
Radish	1/4"	outdoors	3-12	25	Plant 4 seeds per square foot. Radishes grow very fast and can be sown at any time. They can also be used to keep flea beetles from attacking other cabbage family crops.
Rosemary	1/8-1/4"	S	21-90	P	Cover seeds with newspaper to exclude light until it sprouts. Plant 1 transplant per square foot. Use in sauces, meats, and soups. Transfer to a pot and grow indoors on a cool windowsill once frost arrives in Fall.
Sage	1/4"	S	15	90	Plant 1 transplant per square foot. Pick leaves as needed. Leaves can be dried in Fall for winter use.
Sorrell	1/8"	outdoors			Sow 4 seeds per square foot. The lemony leaves are great in salads and soups.
Spinach	1/4"	S	7-14	42	Sow 4 seeds or plant 4 transplants per square foot. Spinach grows best in Spring and Fall. In Summer, grow New Zealand spinach (not a true spinach) instead.
Squash, summer	1/2-1"	L	7-14	50	Plant 1 transplant per 6 square feet. Prevent powdery mildew: water the soil not the leaves, don't let water or soil splash up onto the underside of leaves, and never work in garden when it's wet. Dust leaves lightly with baking soda once a week. Only plant disease-resistant varieties.
Squash, winter	1/2-1"	L	7-14	105	Plant 1 transplant per 9 square feet. Prevent powdery mildew: water the soil not the

					leaves, don't let water or soil splash up onto the underside of leaves, and never work in garden when it's wet. Dust leaves lightly with baking soda once a week. Only plant disease-resistant varieties.
Sunflower	1/2"	outdoors	5-10	110	Plant seeds 6" apart in row on North or East side of garden so doesn't shade other plants. When heads lean over and seeds begin to mature, cover with paper bag to keep birds away, or cut entire head off with about 1 foot of stem and allow to dry inside a paper bag indoors.
Thyme	1/8"	S	14-21	90	Plant 1 transplant per square foot. Do not remove in fall; is perennial.
Tomato	1/4"	L	7-14	70-100	Plant 1 transplant per 2 square feet and grow in a tomato cage. Allow 3-6 leaders to grow, then pinch out "suckers" (new stems that form between the leaf and stem). Water evenly to prevent blossom drop. Do not plant tomatoes in the same spot next year. <i>Note: tomato, potato, pepper, and eggplant leaves are toxic.</i>
Turnip	1/8"	S		30/50	Plant 16 transplants per square foot. Pick leaves as needed once they reach 4-6" long, harvest bulb at about 2-3".
Watermelon					Prevent powdery mildew: water the soil not the leaves, don't let water or soil splash up onto the underside of leaves, and never work in garden when it's wet. Dust leaves lightly with baking soda once a week.
Zinnia	1/2"	S	7-10	65	Plant 1 transplant per square foot
Zucchini	1/2-1"	L	7-14	45-55	Prevent powdery mildew: water the soil not the leaves, don't let water or soil splash up onto the underside of leaves, and never work in garden when it's wet. Dust leaves lightly with baking soda once a week. Only plant disease-resistant varieties.