

# Easy, fun & rewarding.

There's never been a better time to grow at home!









### No Garden? No Problem!

Windowsill growing is ideal for salad crops such as loose-leaf lettuce, oriental greens and spinach. By choosing loose leaf varieties, you can harvest what you need, giving the plant a chance to recover and regrow again!

### Good Things to Grow



## What you'll need

Germinating seeds is relatively simple but if you're doing it regularly, or on a large scale it'll become easier with a few basic supplies:

**CONTAINERS** – These need to have drainage holes at their base. Plastic trays and cells are space efficient, easy to keep clean and have a long reusable life. Coir cells are a single use eco-option that allow you to plant the entire cell into a larger pot to grow on. Avoid old wooden trays as these are hard to keep clean.

**COMPOST** – There are two composts that are used for germination – seed composts and multipurpose. Seed composts are inert as all the nutrients for growing seedlings are locked inside the seed. They are used for germinating en masse and for seedlings that will be transplanted into larger pots. Multipurpose composts are good for small scale germination where the seedlings will be left in-situ and allowed to grow undisturbed into larger plants.

**VERMICULITE & PEARLITE** – This is a lightweight inert medium that is used to cover larger seeds. Fine seeds can be sown direct to the top of the soil.

**SPRAY BOTTLE** – Composts need to stay warm and moist for germination to occur. The best method to wet the soil is to use a spray bottle, as the fine water droplets won't disturb the germination environment.

# How to sow...



- 1. Check the seed's packet to determine the ideal timing and any special requirements.
- **2.** Use a clean container with drainage holes and fill with multipurpose or seed compost.
- **3.** Gently firm the compost to just over 1cm beneath the container's lip. Sprinkle or spray with water the day before sowing.
- **4.** Sow fine seeds onto the surface and cover larger seeds with sieved compost or vermiculite to a depth of twice the diameter of the seed. Firm gently again and cover the container.
- 5. Keep warm to start germination.
- **6.** Upon germination, remove cover and move to a bright but sunless spot.
- **7.** Lightly mist water with a spray bottle to maintain soil moisture and rotate containers on windowsills to allow for an even light distribution.
- **8.** As soon as the first set of leaves appear, transplant seedlings to another container, moving from a seed compost to 'potting on' mix. Always handle seedlings by their first leaves, not their stems.
- **9.** If seedlings are heading outdoors, harden them off by placing outside for a few hours every day, increasing the time as daytime temperatures improve. Cold frames are ideal for this.

### Seed Types 1000

#### Heritage / Heirloom

These seeds are trusted varieties that have been around for a long time, in some cases centuries. They are usually good croppers, relatively disease resistant and robust. They come true from seed saved from the previous year.

#### Fl Hybrid

A variety produced by the careful crossing of two pure bred parents. Creates plants with uniformity, increased vigour, shape and taste. At home, it's best sown little and often to create a continuous harvest instead of a glut.

#### Pelleted Seed

This seed has been coated with clay or a similar material to make it easier to handle, especially for very small seeds.



### Troubleshooting

It's important to clean all reusable pots and trays thoroughly before using them. This helps prevent unwanted plant pests and diseases affecting your germination rate and seedling growth.

Commercial seeds have been treated to break their dormancy and be ready to use. However, home collected seeds will need to go through their natural cycle and may need special conditions before they will germinate. A little research online can help you with this.







