
HOME EDITION

COLAB

SEED STARTING

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Materials

- Black and white newspaper
- Small cup or glass jar
- Organic soil mix
- Seeds
- Spray bottle
- LED daylight
- Water

Step 1: Make a newspaper pot

To create a newspaper pot you will need a glass jar and newspaper.



1.
Take one half of the newspaper sheet and fold it lengthwise in half.



4.
Fold the end that is not rolled around the jar to create the bottom of the pot.



2.
Take the glass jar and place it at one end of the folded newspaper.



5.
Press the corners of your folding firmly to seal it.



3.
Roll the newspaper tightly around the glass jar.



6.
Pull the jar out of the rolled paper.

Step 2: Filling the newspaper pot with soil mix

You will need an organic soil mix for the seed starting.



1. Fill the pot with an organic soil mix. Moisten the soil slightly with water.



3. Put the seed starting pot in cardboard and place it in a warm area in your house.



2. Plant the seeds. Read the back of the seed package to see how deep to plant your seed.



4. Use a spray bottle to water your seeds and keep the soil moist at all times, but not wet.

Step 3: Placing supplemental light

Once the seeds have germinated, they will need at least 14-16 hours of light daily. Supplemental lighting improves plant growth during cloudy and low light conditions, you will need 40W (5200k - 6500k) daylight LEDs.



1. Place the LEDs 2-4 inches above the plants.



2. Turn the light off after 14-16 hours. Let seeds grow for up eight weeks in this manner.

Step 4: Hardening off your seed starts

A week or so before you are ready to plant your seedlings outside you should begin the process of hardening off your starts.



- 1. Begin to introduce your seedlings to your outdoor environment by placing them in a protected spot for a couple hours a day and bringing them in at night. This process is know as hardening off your plants.**