



**The Community Ecology Institute**  
[www.communityecologyinstitute.org](http://www.communityecologyinstitute.org)  
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## INTRODUCTION TO SEED STARTING

### *The tools You'll Need*



#### **Seed Starter and Base Tray**

You can also use homemade or recycled products (egg cartons, plastic cups, or make your own with paper!)



#### **Light**

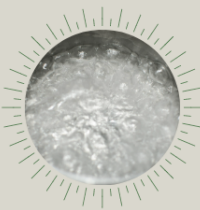
We recommend everyday grow lights you can get at your local big box store or online.



#### **Growing Medium**

We recommend you mix your own with 1/3 peat or coco coir, 1/3 vermiculite, and 1/3 compost - sterilize!

### *The Process*



#### **1. Sterilize Medium**

To prevent gnats and other diseases. Also, make sure the medium is moist, but not wet.



#### **2. Fill Your Tray**

Fill each cell of your seed starting tray to the top, gently press down to ensure there is enough soil in each cell, but do not compact hard. Use a pencil or skewer to make a small hole as deep as instructed.



#### **Seeds!**

Add 1 - 3 seeds in each hole depending on what you might know about how often they germinate. Cover lightly with soil



#### **Label, Notes, Light, and Water**

Label your seed rows, make a note of the date you planted each seed type. Make sure that the seeds remain moist and get 8-12 hours of light a day.

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