



Indoor Seed Starting Checklist

- **Gather Supplies**
 - Vegetable seeds (varieties for your region)
 - Clean containers with drainage (seed trays, yogurt cups, egg cartons)
 - Seed starting mix (lightweight, sterile; NOT garden soil)
 - Plant labels (popsicle sticks, tape, or commercial labels)
 - Watering can or spray bottle
 - Sunny window or grow lights
 - Alcohol for cleaning containers/tools
 - Small fan (optional, for airflow)
- **Before You Plant**
 - Check your average last frost date
 - Read seed packets for ideal start time (usually 6–8 weeks before planting outside)
 - Clean all containers and tools with alcohol and let dry
- **Planting Seeds**
 - Fill containers with pre-moistened seed starting mix (damp like a wrung-out sponge)
 - Plant 2–3 seeds per cell/pot at the depth listed on packet
 - Cover seeds gently and label varieties
- **Germination Stage**
 - Cover trays with humidity dome or plastic wrap/bag
 - Provide warmth (70–80°F is best); use a heating mat if needed
 - Remove dome/cover and heating mat once seedlings emerge
- **Care for Seedlings**
 - Place under lights or in a sunny window for 14–16 hours per day
 - Keep soil moist but not soggy (mist or water carefully)
 - Adjust airflow with a fan or open window if mold is a problem

- Rotate containers weekly so seedlings grow straight
- **Thinning & Fertilizing**
 - Thin to the strongest seedling per cell once true leaves appear (snip, don't pull)
 - Feed with diluted fertilizer (quarter strength) every other week after true leaves
- **Prepare for Transplanting**
 - "Harden off" by gradually introducing seedlings to outdoor conditions over 7–10 days
 - Transplant when seedlings have several sets of leaves and healthy root systems
- **Avoid Common Mistakes**
 - Don't use garden soil
 - Don't overwater
 - Ensure plenty of light
 - Don't start seeds too early

If you have gardening questions, book a call or email me at stephanie@allaboutgardeningguides.

I charge \$25 for up to 15 minutes.