



Starting Seeds Indoors

You can start seeds indoors and transplant outdoors to extend our short growing season here in Colorado. Look at seed packages for information on the amount of time each particular plant will take before being ready for planting outside. The last frost in our area averages between early and mid-May, so transplanting times should be planned accordingly, and if need be, have frost blankets available.

Supplies:

- Seeds
- Seed starting mix (soil)
- Containers for sowing seeds
- Humidity dome
- Water
- Light source (window or grow lights)
- Warm conditions (65-75°)



Steps:

1. Fill container most of the way with seed starting mix. Dampen mix before putting in seed by watering gently
2. Press seed lightly into the mix. Seed should be at a depth that is twice the width of its own size
3. Cover new container with humidity dome to maintain moisture and increase warmth. This should maintain moisture initially until germination. Move to a sunny area once sprouts appear
4. When seedlings are sprouting, allow some surface soil to dry out. If possible, water from beneath in a tray of water. Water gently or use a spray bottle
5. Transfer to a larger pot size if necessary
6. Allow plants to become acclimated to outside conditions slowly and gradually

*When a new plant slumps over at the soil level, this is referred to as “damping off”. This happens as a result of being planted in regular potting soil, having poor air circulation, crowding, or overwatering. Unfortunately, this cannot be corrected. Also, be sure you have adequate light for young plants, as too little light will cause them to be spindly and weak.