

# Winter Sowing

*A guide to starting seeds during the cold winter months*



Winter sowing is a fun, economical way to sow seeds and play in the dirt without giving up a large amount of indoor space or any need for artificial lighting. Seed packets help identify which seeds will work with nature to thrive in an outdoor makeshift greenhouse.

## Supplies

Containers

Seeds

Scissors/Knife

Potting soil, seed starting mix

Permanent marker

Winter season

## Steps

1. Gather clear recycle containers and wash them thoroughly.
2. Cut in half or remove the lid, poke holes in the top and bottom.
3. Label the container or use label stakes and prepare a journal.
4. Add 3-4" slightly moistened potting soil or seedling mix.
5. Plant seeds, allowing space between with transplanting in mind.
6. Water the soil and allow it to drain. The goal is for the soil to be moist, not soggy.
7. Return lids and tape if necessary.
8. Move to an area outside with full sun, or to a tabletop.
9. Care for as needed. If there isn't much snowfall, add moisture. If temperatures are warmer, provide shade to slow germination.
10. Once the soil outside is workable and plants have a few sets of true leaves, it's time to transplant.

# Seed Choices for Winter Sowing

Several perennials, hardy annuals, hardy herbs, and cold weather veggies can be winter sown. If you are unsure, check for the following keywords on seed packets: Self-sowing, direct sow outside in early spring/fall, cold hardy, cold stratification, perennial.

## *Perennials*

- Most varieties, especially natives
- Natives are hardy to their particular zone

## *Vegetables*

- Broccoli, cabbage family
- Arugula, kale, spinach, and other greens
- Radish, kohlrabi

## *Annuals*

- Wide variety of options, check for the previous keywords

## *Herbs*

- Chives
- Cilantro
- Dill, parsley, mint, mustard
- Lavender
- Oregano
- Sage

*Please note that this is not an exhaustive list.*