Gather your seed starting supplies: soil, seeds, container(s), marker, and plant labels. There are many creative ideas for plant labels online!

Begin by filling your container with moistened soil. Brush the excess soil from the top of your container.

Add a label to your container noting the crop, variety, and date. Knowing when you started your seeds will help you plan for when they will be ready for transplanting.

Check your seed packet for planting information. Some important questions to consider:
- Is your crop a warm or cool season crop?
- How deep do you plant your seeds?
- What is the germination rate %?
- How many days to maturity?

Using your fingers make a small indentation in your soil to the recommended depth found on your seed packet.

Plant your seeds and cover them with soil!

Water your seeds gently with a watering can or by letting the water fall from a cup through your fingers so it doesn't disturb the soil.

Place your containers in a sunny window or under grow lights and keep soil moist until seeds germinate.

**BIG GREEN GROWING TIP**

Kale takes about four weeks to become a healthy transplant. If you plant seeds on May 1st, it should be strong enough to go outside on May 29th.

If you have started your plants indoors, they will need to be ‘hardened off’ before planting.

To harden off your plants, put them outside during the day and bring them in at night for at least one week before transplanting.

Slowly exposing your plants to outdoor conditions helps them adapt to the new environment and reduces shock!

If your germination rate is below 90%, we recommend planting 2-3 seeds per cell/area/hole, then thinning to one plant after germination.