

# INDOOR SEED STARTING

## Start a garden reusing single-use food packaging

### What you'll need:

- **Seed packets** (check the dollar store or the produce or spice sections of the grocery store)
- **Potting soil** (check the dollar store or grocery store, or reuse gardening soil)
- **Single-use food containers** for pots and “greenhouse” lids (e.g., plastic margarine tubs, drink bottles, egg cartons, clear plastic cups, the top half of pop bottles)
- **Optional:** plastic spoons, disposable chopsticks or popsicle sticks for labelling your pots



### 1. Prepare:

Fill your pots with soil at least 4 cm, with an extra 1 cm of space at the top.

Punch drainage holes at the bottom of the pots and place them on a plate or bowl, or reuse a plastic lid to catch any excess water.

Wet your potting soil slightly—do not saturate (we recommend using a spray bottle).

### 2. Plant:

Plant your seeds! Poke a hole with a chopstick, popsicle stick or butter knife and place your seed about 1 cm into the soil.

### 3. Place:

Place your pots in a sunny window and make sure they get several hours of direct sunlight every day. **Tip:** south-facing windows get the most sunlight.

Put a “greenhouse” lid over your pot, like a clear plastic drink cup or the top half of a pop bottle—ensure it is clear so the sunlight can come through.

Optional: label your pot so you can see how different plants grow.

### 4. Care for your plant:

1. Water your seeds regularly so that the soil stays slightly damp, but not soaked through. Do not overwater or the roots will rot. **Tip:** try using a spray bottle a few times throughout the day (this helps keep the seeds from moving in the soil).

2. If your plant is not in a window with direct sunlight all day, move between different windows in the morning and afternoon so it can get the most light.

3. Check-in on your plant every day and watch the seedlings sprout and grow!

4. When your plant gets too large for the container, it's time to move it to a larger pot. Try using a larger plastic container, like a 2L pop bottle or an ice-cream tub.

5. Continue repotting as the plant grows.

