MATERIALS FOR SUCCESS

- Top quality seed starting planting media (do NOT use garden soil)
- Clean containers with drainage holes (new or sterilize recycled with 10% bleach solution)
- Trays that do not drain (optional)
- Seeds
- Water
- Fertilizer
- Labels and markers
- Plastic dome or plastic wrap
- Seedling heat mat (optional)
- Fluorescent light fixtures (either cool white or one cool white and one natural daylight tube)
- Plant light stand with adjustable chains
- Light timer (optional)
- Soil thermometer

KNOW WHEN TO PLANT

1. Know the average last spring frost date for your area.
   - Refer to Utah State University Climate Center: climate.usurf.usu.edu/reports/freezeDates.php

2. Read seed packet for specific plant requirements
   - When to plant
   - Suggested planting depth and spacing
   - Germination period
   - Days to maturity: the number of days until harvest to be sure your choices will ripen before frost

Wasatch Front Vegetable Chart

Average First Frost Free Day = May 1-15

<table>
<thead>
<tr>
<th>Vegetable Crop from Seed</th>
<th>Days to Maturity</th>
<th>Mar. 1</th>
<th>Mar. 15</th>
<th>Apr. 1</th>
<th>Apr. 15</th>
<th>May 1</th>
<th>May 15</th>
<th>Jun. 1</th>
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- Transplants
- Planting seeds
- Estimated planting dates
- Possible with protection
- Next year crop
SOWING THE SEEDS
• Fill the prepared containers with top quality seed starting planting media
• Moisten the media
• Plant as suggested on seed packet (3 times seed diameter)
• Cover containers with plastic wrap or dome and place in tray without drainage (to keep furniture surface dry)
• Place on seedling heat mat to speed germination
• Day temperature should be in the 60-80°F range
• Night temperature should be in the 55-70°F range

WHEN THE SEED GERMINATES
• Remove the plastic covering
• Remove from seedling heat mat
• Place under grow lights (a windowsill does NOT provide adequate light)
• Adjust lights 1-2” above plant foliage as they grow
• Provide light 12 to 14 hours daily
• Monitor the soil and provide consistent moisture ONLY as needed
• Fertilize after true leaves emerge

THIN THE PLANTS
• Thin crowded plants (after at least one set of true leaves emerge)
• Cut plants to be removed with small scissors at the soil line

TRANSPLANT THE SEEDLINGS INTO INDIVIDUAL POTS
• Carefully separate seedlings with a spoon or knife
• Handle seedlings by their leaves, not the stem
• Replant with root below soil mix, stem above

ACCLIMATE/HARDEN OFF PLANTS
• When plants have four to six true leaves
• Gradually increase outdoor exposure over a 2-week interval
• Transplant mature seedlings into the garden when soils are in the 65-70°F temperature range

THIN THE PLANTS
• Thin crowded plants (after at least one set of true leaves emerge)
• Cut plants to be removed with small scissors at the soil line

ADDITIONAL RESOURCES
• Easy to Make Grow Light Stand from K-State Research and Extension: tinyurl.com/pvclightstandvideo
• Grow Your Own Transplants at Home: tinyurl.com/growyourowntransplants
• Suggested Vegetable Planting Dates for the Wasatch Front: tinyurl.com/suggestedplantingdates
• How to Start Seeds Indoors: tinyurl.com/howtostartseedsindoors
• Starting Seeds Indoors from University of Minnesota Extension: tinyurl.com/startingseedsindoor

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