

Start Your Own Seedlings Indoors

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*

Vegetable Crop from Seed	Days to Maturity	Mar. 1	Mar. 15	Apr. 1	Apr. 15	May 1	May 15	Jun. 1	Jun. 15	Jul. 1	Jul. 15	Aug. 1	Aug. 15	Sep. 1	Sep. 15	Oct. 1	Oct. 15
Beans	65-100					●	●	●	●	●							
Carrots/Turnips	60-80		●	●	●	●	●	●				●	●	●			
Broccoli/Cauliflower/Cabbage	50-70	●	●	●	●	●	●	●									
Corn	65-95				●	●	●	●	●								
Garlic	100-120	●	●	●	●										●	●	●
Kale	50-60	●	●	●	●	●	●	●	●			●	●				
Lettuce (leafy types)	45-60		●	●	●	●						●	●				
Onions/Leeks	100-120	●	●	●	●	●							●	●	●		
Peas	50-70	●	●	●	●	●						●	●				
Peppers	60-100					●	●	●	●	●							
Potatoes	100-130			●	●	●	●										
Radishes	25-35	●	●	●	●	●	●	●	●			●	●	●			
Spinach	40-50	●	●	●	●	●						●	●	●			
Beets/Swiss Chard	50-60		●	●	●	●	●	●	●	●		●	●	●			
Tomatoes	60-90				●	●	●	●	●								
Cucumbers/Melons/Pumpkins	85-95					●	●	●	●								
Summer/Winter Squash	80-100				●	●	●	●	●								

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

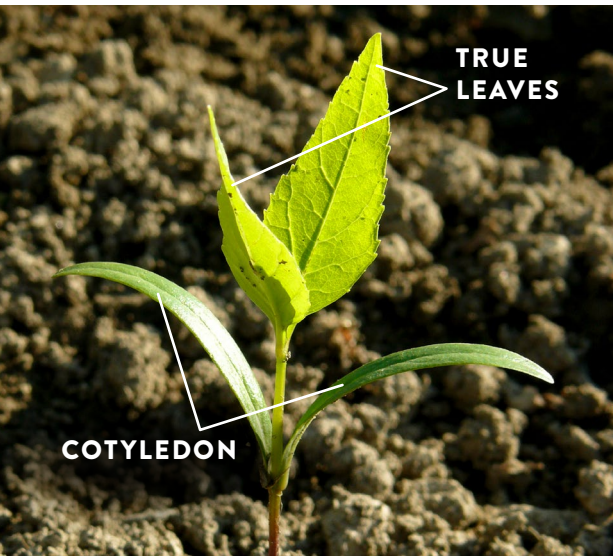
- Thin crowded plants (*after at least one set of true leaves emerge*)
- Cut plants to be removed with small scissors at the soil line

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



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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 Maryland Extension: tinyurl.com/wppshd2