



REGROW:

Start your seedlings!

[Click here to watch our seed starting workshop](#)

You'll need ...

- seeds of your choice
- containers, such as ...
 - egg carton
 - clamshell container
 - hollowed-out egg shells
- planting medium, such as ...
 - seed starting mix
 - potting soil
- water
- lighting
 - place by south-facing windows
 - for OPTIMAL growth, use grow lights

[click here to see how!](#)

General procedure:

1. mix soil with water until dark & fluffy. Put soil into your containers
2. put 2-4 seeds on top of soil in each container, then press them down into the soil
3. label each container
4. keep soil moist during germination using spray bottle
5. keep containers in warm spots like laundry room, bathroom
6. once they sprout, move seedlings to a sunny area or grow lights
7. transplant to a larger pot when seedlings develop "true leaves"

Important tips:

- always read the seed packet to know the depth & spacing of your seeds
- seedlings need 14-16 hours of light for OPTIMAL growth. Hang LED or fluorescent grow lights 2-4 inches above seedlings
- a bunch of seedlings will likely sprout close together. You'll need to pull some to make sure they're spaced out appropriately (this is called "thinning!")

Most importantly:
gardening is all about trial and error. Be curious & have fun with it!