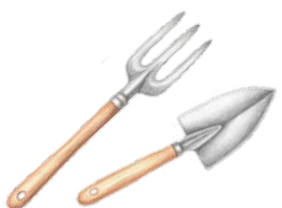


General Seed Starting Checklist



✓	Task	Notes + Tips
	Check your frost dates	Know your last and first frost dates to time your starts
	Inventory seeds	Organize by season: cool-weather vs. warm-weather crops
	Clean seed trays + pots	Use mild soap or a vinegar solution to prevent disease
	Prepare seed-starting mix	Use light, well-draining mix—not garden soil
	Label everything	Use waterproof labels or wooden sticks—label by variety + date
	Sow seeds at correct depth	Check the seed packet for sowing depth and spacing
	Water gently	Use a spray bottle or bottom-water to avoid disturbing seeds
	Provide warmth	Use a heat mat if needed—most seeds germinate best around 70-75°F
	Give them light	Use grow lights or a sunny windowsill—12-16 hrs/day is ideal
	Thin seedlings	Snip extras at soil level to avoid crowding and damping-off
	Feed seedlings	Once true leaves appear, start a diluted organic liquid fertilizer
	Harden off before transplanting	Gradually expose to outdoor conditions over 7-10 days
	Transplant at right time	Move to the garden when soil is warm and danger of frost has passed



Seed starting isn't just a task, it's a promise to your future garden. You've got this!

Seed Starting Checklist



✓	Crop	Indoors/ Direct Sow	Notes