



Week 3

Starting Seeds Indoors

Lesson Objectives:

- Students will learn how to start seeds for the garden in their classroom or at home
- Students will learn why some seeds need to be started indoors in the late winter or early spring, and what some of these seeds are.
- Students will learn how to care for their seedlings until it's time to plant them outside.

Key Words:

- Sow - to plant a seed
- Direct seed - This is when seeds prefer to be sown directly into the soil outside.
- Start indoors - This is when seeds and the plants that grow from them need a head start so they are sown inside in the winter or early spring, and the plants that grow are planted outside when it's warm enough for them to survive.
- Germinate - When a seed sprouts and a plant begins to grow "seedling" a small, young plant

Lesson Activity: Sowing Seeds Indoors

Materials Needed:

- Soil
- Growing containers/small containers with holes poked in the bottom
- A tray for these to sit in to catch the water that drains when they're watered 4 Seeds
- Water
- A large bowl or bin to mix soil and water together
- Permanent markers, masking tape or popsicle sticks to label your plants

Optional Items:

- Tablecloth (this can get messy)
- Heat mat (a warm area, like the top of the fridge will work)
- Grow lights (a sunny window will work, south-facing is best)

Activity Steps:

- Explain how to read a seed packet to find out when to plant seeds.
- Mix soil and water together
- Put soil into small pot/container, pressing down lightly to eliminate any air pockets.
- Make a small indentation with a finger or pencil.
- Plant 1 or 2 seeds in each container.
- Cover the seed up with more soil.
- Label them.
- Place in a warm place, like the top of a fridge or a heat mat and keep it watered.
- Wait for your seed to germinate or sprout.
- Keep them watered and in the sun until it's time for them to be planted outside.
- If more than one seed sprouted, pinch or cut the extras off, leaving only one plant per pot.