



Seed Sowing

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| Description of activity | PAL |
| Planting seeds into pots, trays or modules to produce young plants | Planned, Exploratory |
| Time of Year | Time needed to complete activity |
| Spring through to Autumn | A minimum of 30 minutes to complete all the steps at least once |

Preparation

1. Purchase seeds, compost and any other growing media required (eg vermiculite).
2. Pre-soak seeds if required eg sweet peas
3. Setting up potting tidies – the way this is done will be dependent upon the ability of gardeners on the day. Generally, add compost to the trays and have other materials to hand.

Tools and materials

1. Seeds
2. Seed sowing compost
3. Vermiculite (if used)
4. Potting tidies
5. Trays, pots, modules
6. Small scoops
7. Striking/pressing board
8. Dibbers
9. Seed sowing templates or aids
10. Sieve
11. Labels and pen
12. Small watering can with a rose, or bottle top waterer
13. Gloves if desired but not necessary
14. Glasshouse, conservatory or windowsill



What to do

1. Break up lumps in compost.
2. Use hand or scoop to overfill trays or pots with compost.
3. Use striking or pressing board to remove excess compost.
4. Use pressing board to lightly compress compost.
5. Plant seeds according to instructions, using fingers, a template, or making a hole with a dibber first.



6. Cover with thin layer of sieved compost (or vermiculite).
7. Write label and place in tray.
8. Gently water to provide moisture, but without disturbing seeds.
9. Move trays to a site that will favour germination.

Seed sowing can be made very simple, but we want to ensure the best chance for our seeds to germinate and flourish, so following these instructions will help. Compost can be placed in the potting tidy ready to be used, or more able gardeners can be encouraged to get their own compost from the bag.

Extras

Looking at pictures of the grown plants and discussing what you will do with them may make this activity more meaningful.

Adaptations and variations

Gardeners who struggle with the number of components in this task may like to just handle the compost or do one component only, eg. watering.

Weather contingency

This is an activity that can be completed indoors, but its value would be increased by doing it outside if the weather is fine. Choosing which seeds to sow could be a winter time indoor activity, using catalogues to plan for the year ahead.