

Gardening Basics

LESSON 2:

STARTING SEEDS & TRANSPLANTING



Direct Seeding:

- Always read and follow the instructions, as per your seed package!
- Great for cool weather crops
- Make sure to give your plants enough room to grow
- Do not sow seeds deeper than 2-4 times the seed diameter
- If your seed package doesn't have planting instructions, try looking online or asking a local garden center
- Check first to see how much light your crop needs to grow before planting

Starting in Flats:

- Allows you to start heat-loving crops early
- Works best if you have a greenhouse, indoor growing lights, or a big south-facing window
- A fun way to share plants with friends!
- Starting plants in flats requires planning ahead – knowing when to start plants and when to move them out to the garden



Transplanting: Tips and Tricks



- Check to make sure it is the right time to move the crop you are transplanting out into your garden
- Handle seedlings by the leaves to avoid damaging the stem
- If you are having a hard time taking them out of the container, use a plastic knife or spoon to help pop them out
- Place the roots into a depression in the soil, then press the soil down around the base of the plant
- Water all transplants very well! Don't let them dry out
- Try to transplant on a cloudy day, as full, hot sun will scorch your new transplants
- Your plants should have at least two true leaves (leaves that appear after the first set of 'seed leaves')
- Check the weather forecast and avoid transplanting if night time temperatures get below 5 degrees Celsius, or you have heavy rain. Frost and strong rains can damage delicate seedlings!

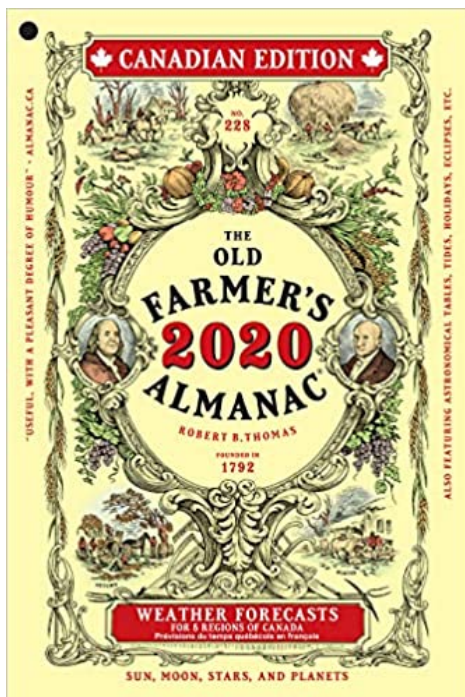
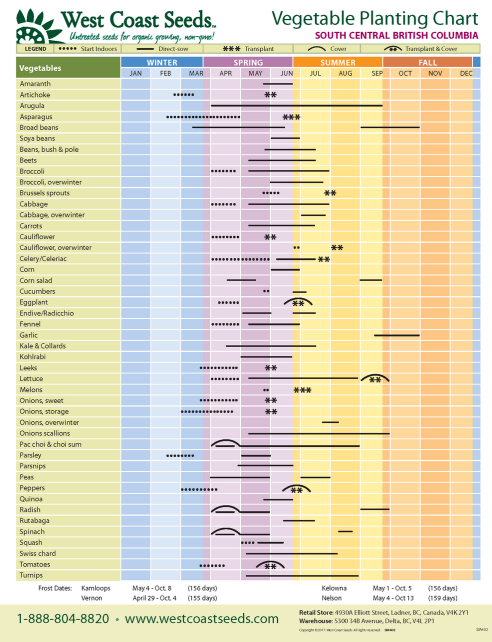
Gardening Basics

LESSON 2:

STARTING SEEDS & TRANSPLANTING (CONTINUED)

West Coast Seeds also has a great regional planting chart for areas in BC!

<https://www.westcoastseeds.com/pages/regional-planting-charts>



Check your planting charts to find the right time to plant!

The Farmer's Almanac is a great resource with planting schedules based on where you live, all over BC:

<https://www.almanac.com/gardening/planting-calendar/BC>