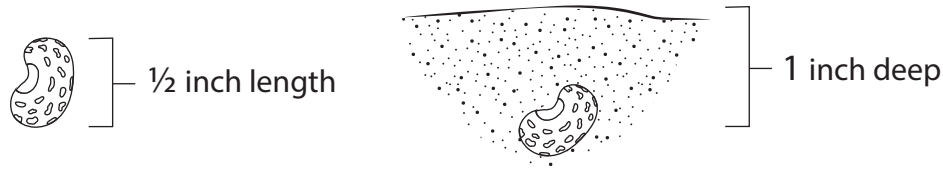


## Getting on Good Terms:

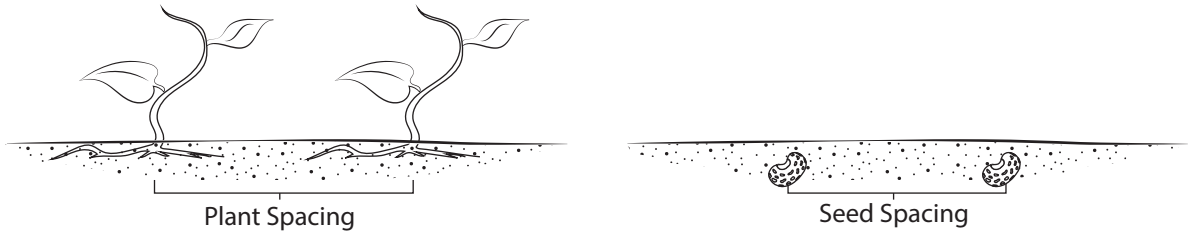
**Sow** - Although it's pronounced the same as sew (as in sewing clothes), sow means something completely different. It means to plant or scatter seeds over the ground. So, we sew clothes and sow seeds.



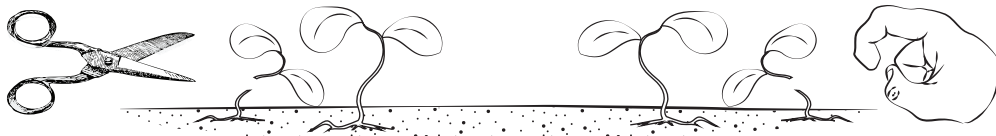
**Planting Depth (or Seed Depth)** - This term simply means how deep we should plant our seeds. Each type of seed has a proper planting depth. When in doubt, plant seeds twice as deep as their longest side.



**Plant Spacing (or Seed Spacing)** - This refers to the distance between two plants or seeds. If we plant our vegetables too close together, they won't have enough room to grow healthy and strong.



**Thinning** - When seeds come up too close to each other, we have to thin the seedlings by cutting or pinching off the top of the weaker (smaller) seedling.



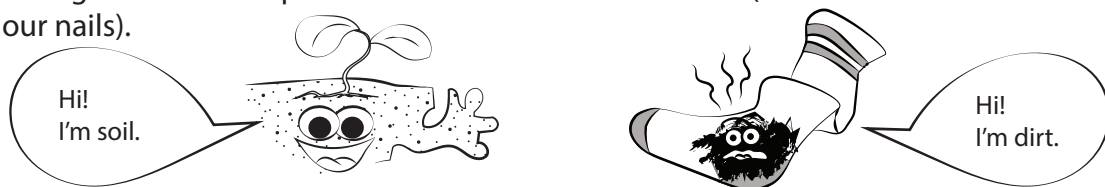
**Days to Germination (or Days to Emerge)** - Germination is when seeds start to grow, so the days to germination are how many days you normally have to wait before the seeds sprout.



**Days to Harvest** - Harvesting is what we do when we pick our vegetables, so the days to harvest are how many days we normally have to wait after planting to enjoy our crop.



**Soil versus Dirt** - Soil contains microorganisms (tiny, living creatures), nutrients, and other materials that help plants grow. Dirt is displaced soil or "soil without a home" (what we find on our clothes and under our nails).



## Two Ways to Plant:

There are two basic ways (or methods) to plant seeds--the Direct Planting Method and the Broadcast Method. Read about each method to help determine which is best suited for the seeds you want to plant.

### Direct Planting Method

In direct planting, you will be making small, evenly spaced holes in the soil and then planting 1-2 seeds in each hole. To make the holes, you can use your finger, a pencil, or a small stick. This method requires less thinning because you are properly spacing your plants as you plant them.

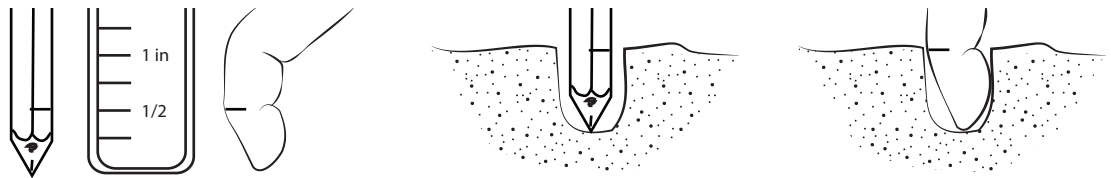
Some examples of seeds that are commonly Direct Planted are:

Beans	Cucumbers	Okra	Swiss Chard
Beets	Herbs	Peas	Sunflowers
Corn	Melons	Squash	Other Legumes

### Steps for Direct Planting

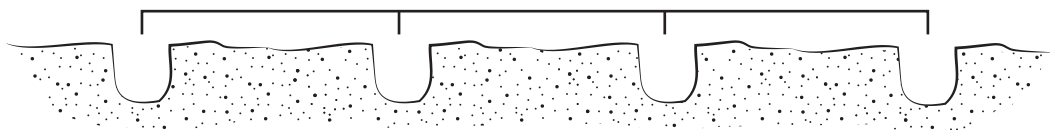
- 1) First, you need to know how deep to plant your seed (remember, every seed is a little different). Usually, this is somewhere on the packet that your seeds came in. Look for "Planting Depth" or "Seed Depth".
- 2) Next, you need to know how far apart you should plant your seeds. On the package, this is called "Plant Spacing" or "Seed Spacing".
- 3) Using a ruler, measure the Planting Depth on whatever you will be using to make your holes. You may find it helps to place a mark on the stick or pencil.

Gently, make a small hole the proper depth. Be careful not to make your hole too deep or your seed may not come up.

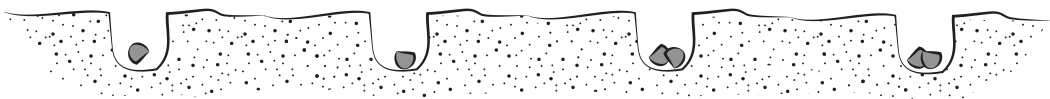


- 4) Using the Plant Spacing measurement and a ruler, measure the distance from your first hole to the next hole. Make your second hole.

Repeat step 4 until you have made all the holes you need.



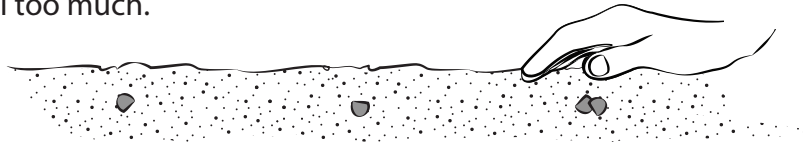
- 5) Next, put 1-2 seeds in each hole. If you plant 2 seeds per hole and both seeds come up, you will have to thin one of them when they are a few inches tall. If you only plant 1 seed, and it doesn't grow, you will have an empty spot in your garden.



- 6) Gently rake the soil from around each hole to cover the seeds. You can also add soil to fill in the holes.



- 7) Lightly pat the top of each hole. Do this as gently as you would pet a small animal so you don't compact (or smooch) the soil too much.

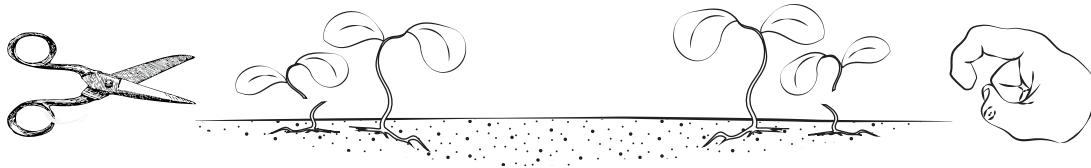


- 8) Gently water the area you planted. Be careful not to water directly from a hose or the water will wash your seeds away. Use a shower attachment or a watering can that has lots of holes in its spout.

Remember to keep the soil moist! If the seeds dry out, they won't grow.



- 9) If you planted multiple seeds per hole, and both seeds came up, you may need to thin your seedlings when they are 2 inches tall. To do this, cut or pinch off the top of the smaller of the two seedlings.



### **Broadcast Method**

In broadcast planting, you sprinkle the seeds evenly over the planting surface. Then, once the seeds sprout, you come back and thin the seedlings so they are properly spaced. This method is often used for plants that can grow close together, have very small seeds, and don't need to be planted very deep. As a bonus, you can harvest the thinned seedlings and put them in a salad!

Some examples of seeds that are commonly Broadcasted are:

Bok Choy  
Carrots

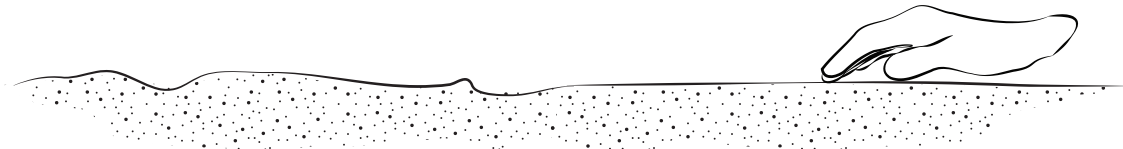
Collard Greens  
Kale

Lettuces  
Mustards

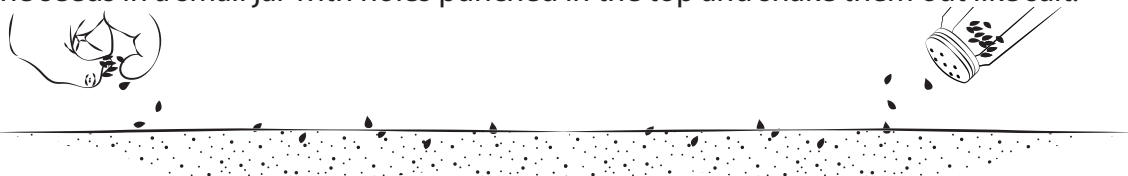
Radishes  
Turnips

### **Steps for Broadcast Planting**

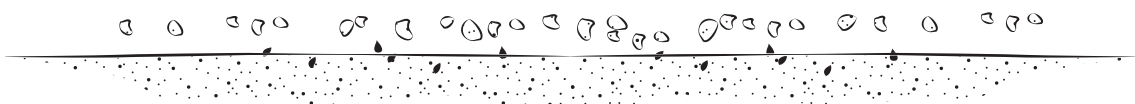
- 1) First, you should use your hand to gently even-out the surface of the soil so it is flat.



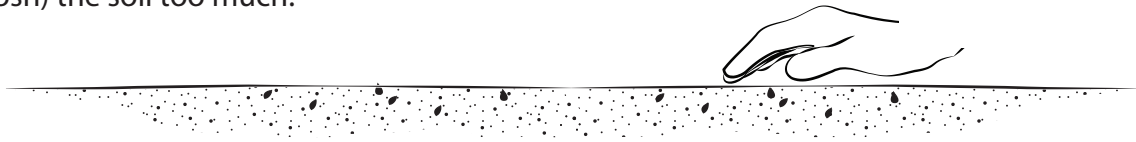
- 2) Next, evenly sprinkle the seeds over the area to be planted. You can do this one pinch at a time or try placing the seeds in a small jar with holes punched in the top and shake them out like salt.



- 3) Sprinkle a VERY light layer of soil on top of the seeds. Do not use too much!

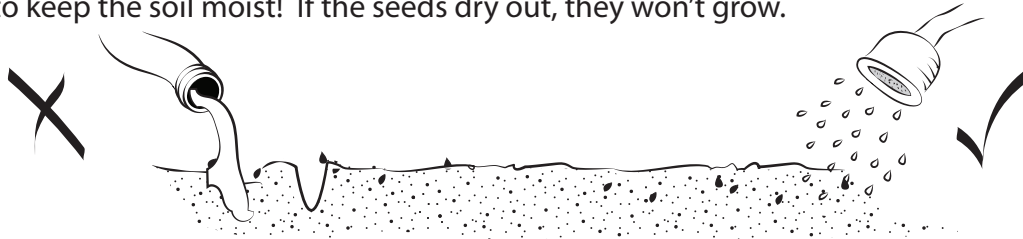


- 4) Next, gently pat the soil. Do this as gently as you would pet a small animal so you don't compact (or smoosh) the soil too much.

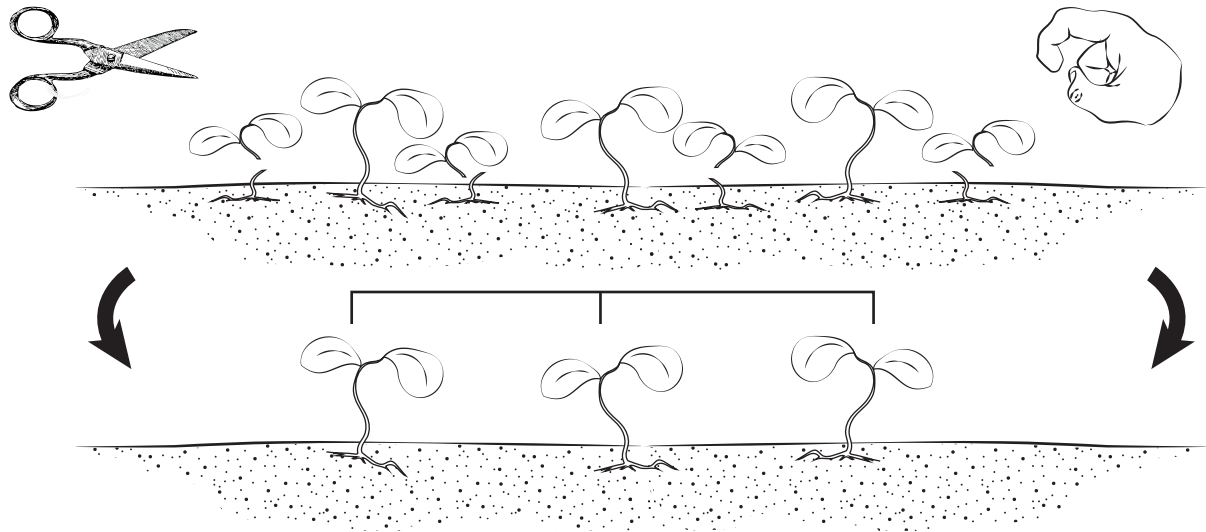


- 5) Gently water the area you planted. Be careful not to water directly from a hose or the water will wash your seeds away. Use a shower attachment or a watering can that has lots of holes in its spout.

Remember to keep the soil moist! If the seeds dry out, they won't grow.



- 6) Once your seedlings are about 2 inches tall, you will need to thin them. Look on the seed package and find out what the "Plant Spacing" distance is. Use your fingers or scissors to pinch or cut the smallest seedlings until the remaining plants are spaced appropriately. Do NOT pull the seedlings!



### **Aftercare and Harvest**

After you've thinned your seeds, continue to gently water them until they are ready to be harvested. That could be 30 days, or 45, or more, depending on what the seed package said was the correct number of "Days to Harvest".

You will know they're ready to harvest when they look like their picture on the seed package.