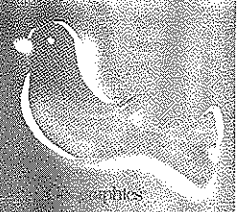
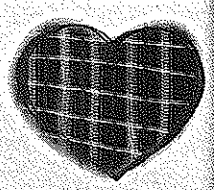
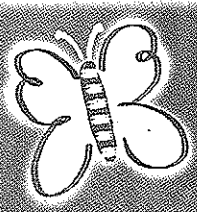
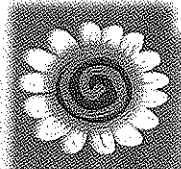
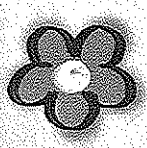
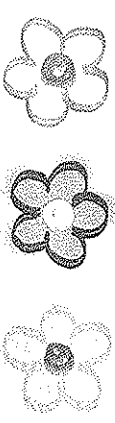
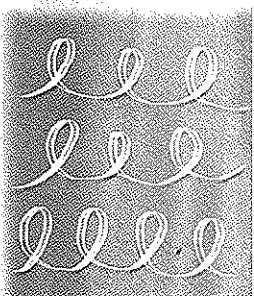
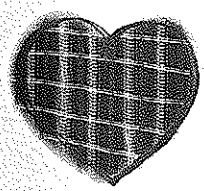
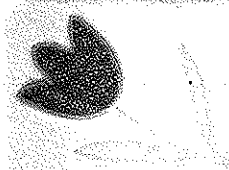
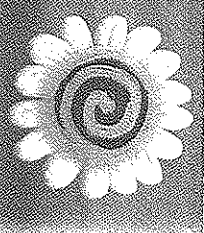


SEED STARTING TIPS AND INFORMATION





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STARTING SEEDS INDOORS

INITIAL NOTES

- Read all instructions on seed packets (e.g. some seeds need light and others darkness to germinate)
- Start cool weather crops in Feb-March (lettuce, cabbage, etc.)
- Start warm weather crops in April (tomatoes, peppers, etc.)
- Protect early outdoor plantings with hot caps, milk jugs, boxes, etc. at night or on cold days

GENERAL GERMINATION PRACTICES

Seed

- Fine seed: surface sow, enclose in plastic bag
- Medium seed: plant at depth of twice the size of the seed, usually 1/8" below surface, enclose in plastic
- Large seed: use tweezers to plant, generally 1/4" - 1/2" below surface: enclose in plastic
- Seeds with hard seed-coat: soak overnight in tepid water or nick with a knife

Conditions

- Light: sunny eastern window, Gro-Lites 10"-12" above trays, fluorescent lights at same height
- Heat: keep at constant warm temperature (68°-70° F); use bottom heat if possible but not radiators because they are too hot: use heat mats or cables; keep out of drafts
- Moisture: soil should be kept moist, not soggy; enclose seed trays in plastic bags to retain moisture and ensure proper humidity (tiny greenhouses)

MATERIALS

Containers

- Plastic trays, flats or peat pots
- Sterilize any previously used pots: wash and soak 20 minutes in 1 part bleach to 9 parts water

Labels

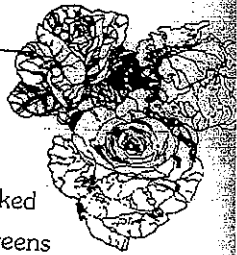
- For identification of seeds and planting dates

Pencil, Dibble, Tweezers

- To make planting holes and rows and to space seeds

VEGETABLE SEED PLANTING GUIDE

Vegetable	Planting Dates Outdoors	Spacing	Depth	Days to Harvest	Remarks
Asparagus	Feb-Mid April	18"	10"	1 Year	Use 3 year roots, male only
Beans-Bush	April-Aug	3"	1-2"	45-75	Make successive plantings
Beans-Bush, Lima	April-July	4"	2"	60-90	Requires warm soil
Beans-Pole	April-June	4"	2"	65-100	Long bearing season if kept picked
Beets (early)	April-June	3-4"	1/2"	50-75	Grow for fruit & great tasting greens
Beets (late)	June-Aug	3-4"	1"	75-100	Great for you, mix into flower beds
Broccoli	March-Late April	18"	1/2"	60-80	Get a head start by starting indoors in Feb
Brussels Sprouts	March-July	2"	1/2"	100-140	Start indoors Jan/Feb
Cabbage (early)	March	18-24"	1/2"	80-100	Start indoors Jan/Feb
Cabbage (late)	June	18-24"	1/2"	120-180	Start seeds flats for fall transplants
Cabbage, Chinese	June	12"	1/2"	80	Start indoors in Feb
Carrots (early)	March-May	2-3"	1/2"	60-80	Soak seed overnight before planting
Carrots (late)	May-Aug	2-3"	1/2"	100-120	Chantenay variety grow well in compact soil
Cauliflower (early)	March	2'	1/2"	90-115	Start indoors in late Jan/Feb
Cauliflower (late)	May-June	2'	1/2"	100-140	Sow in late June to July
Celery	April-Late May	6"	1/8"-1/4"	115-135	Soak seed before planting, start indoors late Jan/Feb
Colards	May-Aug	18"	1"	75	Rich in vitamins & minerals
Com (early)	April	10-15"	1"	60-80	Plant in blocks, not rows, to increase yield
Com (main crop)	May-June	10-15"	1"	80-100	Plant in blocks, not rows, to increase yield
Com salad	April-May	6"	1/2"	45-60	Grows well in sandy soils, related to Valerian family
Upland Cress	Feb-Aug	6"	1/4"	55	One of the earliest crops you can plant
Cucumbers	May-June	4-6"	1"	50-70	Start seeds indoors in late March
Eggplant	March (indoors)	18"	1/8"	110-120	Requires a long warm growing season
Endive	April-Aug	12"	1/2"	75-700	A member of the Chicory family
Harver salad	March-Oct	10-18"	1/4-1/2"	30	Quick-growing nutritious greens
Kale (early)	March-April	2'	1/2"	55-65	Required cooler temperatures
Kale (late)	Sept-Early Oct	2'	1/2"	55-65	Harvest larger leaves first
Kohlrabi (early)	April-June	5"	1/2"	50-60	A little sweeter & milder in flavor than turnip
Kohlrabi (late)	Aug-Sept	5"	1/2"	50-60	Do not let soil dry out
Lettuce (early)	April-Aug	12"	1/8-1/4"	45-80	Start an early crop indoors in Feb
Lettuce (late)	Aug-Sept	12"	1/8-1/4"	45-80	Needs shade in summer
Leek	April-May	6"	1/2-1"	120-150	Start indoors in Feb / replant roots
Musk Melon	April-June	4-6"	1/2-1"	90-120	Grow bush varieties for small gardens
Melon water	April-June	8-10"	1/2-1"	100-125	Requires lots of room
Mustard	Feb-Aug	6"	1/4"	35-40	Plant early then late for a second harvest



Vegetable	Planting Dates Outdoors	Spacing	Depth	Days to Harvest	Remarks
Mustard (late)	Aug-Sept				
Okra	May-June	10"	1"	55-60	Leave stem on when cooking to stop slimy texture
Onion seed	April-May	2-3"	1/4"	95-120	Start indoor in Feb
Parsley-curly (early)	April-May	4-6"	1/2"	65-90	Start indoors early. great garnish. crisp-clean taste
Parsley-curly (late)	Aug-Sept	4-6"	1/2"	65-90	Soak seeds before planting
Parsley-flat	April-Sept	4-6"	1/8"	65-90	Soak seeds before planting. great for cooking
Parsnip (early)	March	3-6"	1/2-1"	100-150	Leave in the ground until tops freeze in late fall
Parsnip (late)	Late Aug	3-6"	1/2-1"	100-150	Slow grower
Peas. smooth	March-May	2"	2"	50-65	Start indoors Jan/Feb
Peas. wrinkled	April-May	2"	2-3"	50-75	Sweeter in taste than smooth varieties
Peppers	indoors/March	15-18"	1/4"	100-130	Grow well in containers
Potatoes	April-July	14"	3-4"	60-90	Likes low PH soil
Pumpkin	May-June	8-10"	1"	100-130	Careful with pesticides, suppresses pollination
Radish (early)	March-Sept	1-2"	1/4"	25-50	Start indoors in March
Radish (winter)	July-Aug	3-4"	1/4"	45-70	Slower grower than the spring variety
Rutabaga	June-July	8-10"	1/2"	70-90	Start indoors in March
Spinach	March-Sept	12-18"	1/2-1"	40-55	Grow your own
Squash. summer	May-July	4-6"	1/2-1"	50-65	Try a bush variety if space is limited
Squash. winter	May-June	8-10"	1"	60-110	Start indoors & transplant 3 weeks after last frost date
Swis Chard	April-June	15-18"	1/2"	50-60	Striking foliage. try it along side flowers
Tomato	June	3"	1/4"	100-120	Start indoors Feb-April
Turnips (early)	June	4"	1/2"	40-75	Start indoors Feb-April
Turnips (late)	July-Sept	4"	1/2"	40-75	Delicious cooked greens. a holiday necessity!