

How to grow seeds into plants (container planting)

Container size

The bigger the seeds the more space the plants will need to grow so think about which containers to use. If you want to grow a full size plant (like peas) give them more space by just putting 1–3 seeds in a pot. If you're growing salad leaves to be eaten as young plants then you can put more seeds into a pot.



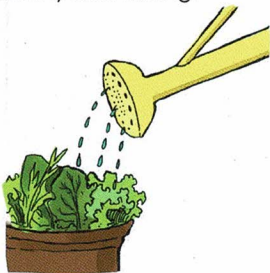
Making containers

You can use old yogurt pots, egg cartons, plastic mushroom trays or cut down plastic containers to grow plants in. Just make sure there is a hole in the bottom for the water to drain out.



Watering

Check your plants every day and don't let them dry out but also don't waterlog them! Seedlings can easily drown so just a little water at a time will keep them healthy and strong.



Sunlight

Plants like light and warmth so a sunny windowsill is a good place to keep them turn the pots if you notice them leaning.



You will need

Container – round pot, modular tray (6 pots in 1) seed tray

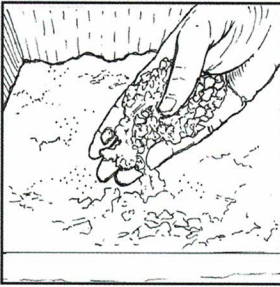
Compost

Tray or plate

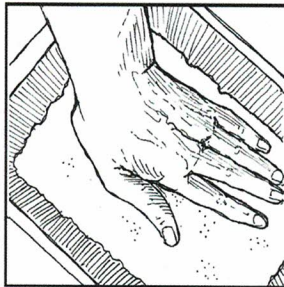
Seeds (see chart to choose which ones)

Cold tap water

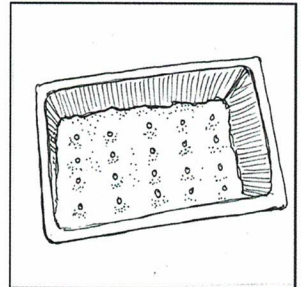
Instructions



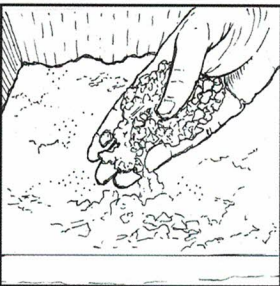
1. Sprinkle compost into container; use your hands to rub the compost to break up any lumps



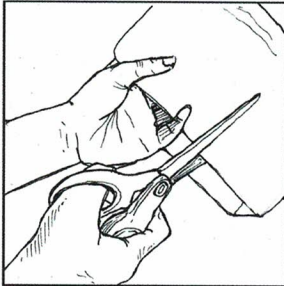
2. Fill container almost to the top then gently pat it down to make a firm and even surface



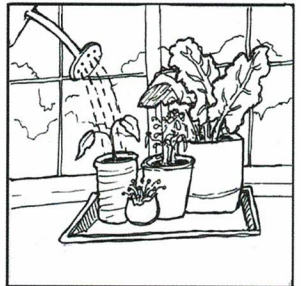
3. Spread seeds evenly onto flat compost. The bigger the seed the more room it needs to grow



4. Sprinkle compost over the seeds and gently pat down so that the soil is flat and even



5. Label your seeds – make a label by cutting up an old yogurt pot or plastic bottle



6. Place your containers on a plate or tray on the window sill and water gently