

# SEED STARTING 101



Years gardening

Would you consider yourself:

Beginner, Intermediate, Expert

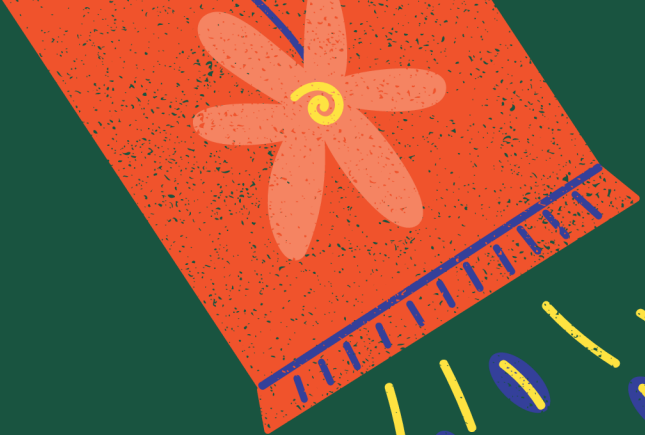
What have you grown before

Are you in Brighton

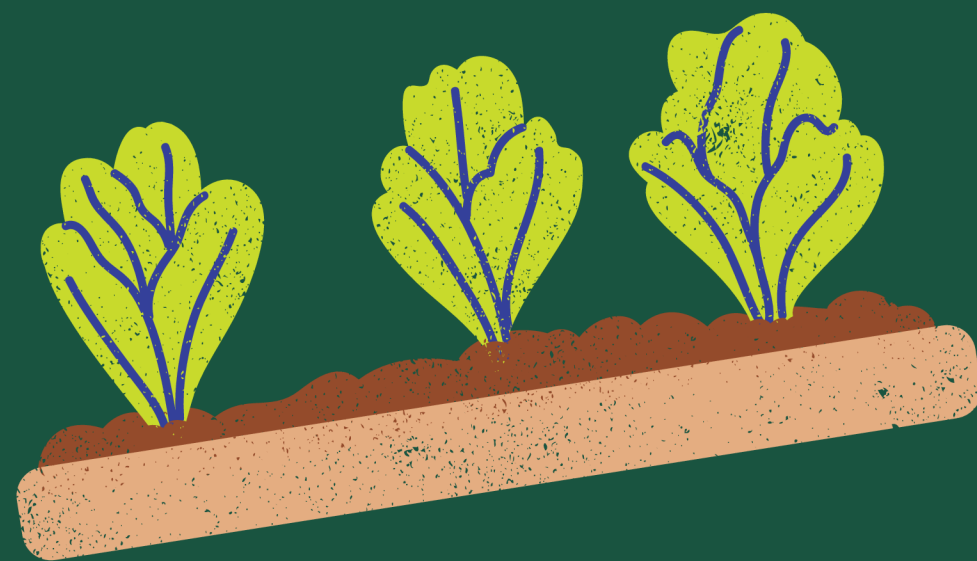
What do you want to grow

Indoor, Outdoor

Small space, big space



# TELL US ABOUT YOURSELF!

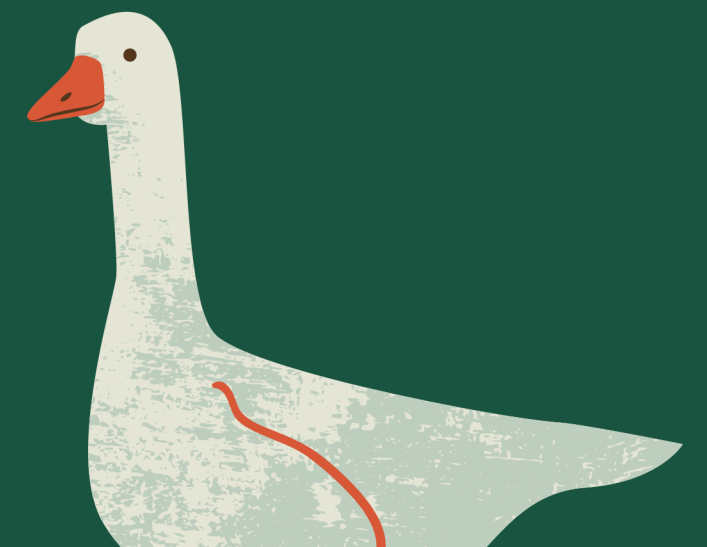




TODAY IS  
ABOUT  
BUILDING  
CONFIDENCE.



NOT  
PERFECTION.



# 101

Why start from seed?

Types of gardens

Indoor vs outdoor seed starting

Materials you need

Step-by-step planting

Care tips + common mistakes

Take home minis





# WHY START FROM SEEDS?

More affordable

More variety

More control over growing process

Deeper connection to your food/plants



# TYPES OF GARDENS



## Vegetable Garden

Focuses on growing edible plants such as tomatoes, peppers, and spinach.



## Flower Garden

Contains a variety of beautiful flowers that attract pollinators.



## Herbal Garden

Focuses on herbs or spices such as mint, basil, and rosemary.

(easy + beginner-friendly)

## Hydroponic

Utilizes water instead of soil to grow plants

## Vertical Garden

Utilizes vertical space on a wall or shelf to grow plants.

# COLORADO

Zone 5b

Last frost: ~mid-May (varies!)

Spring weather = unpredictable

Cold nights still happening

WHAT THE HECK HAPPENED TO WINTER?!!!



# SEED STARTING AREA

## Indoor

- Pros:
- Controlled environment
- Earlier start
- Higher success rate

## Cons:

- Requires setup (light, space)

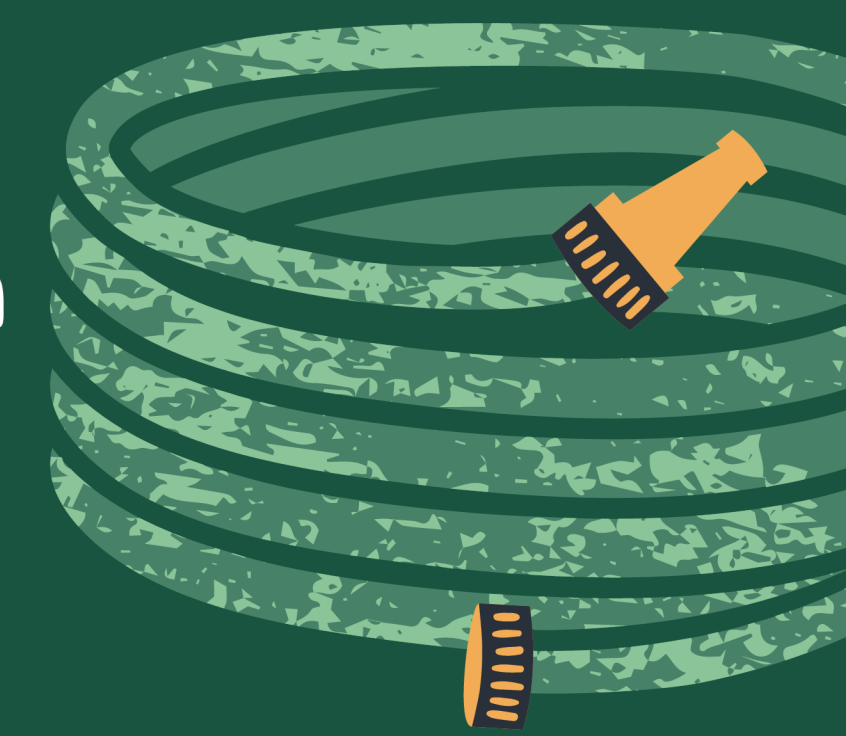
## Outdoor

### Pros:

- Less equipment
- Natural conditions

### Cons:

- Weather risk
- Lower germination success early in season



# BASIC TOOLS

Seeds

Soil (seed starting mix preferred)

Containers (careful the material)

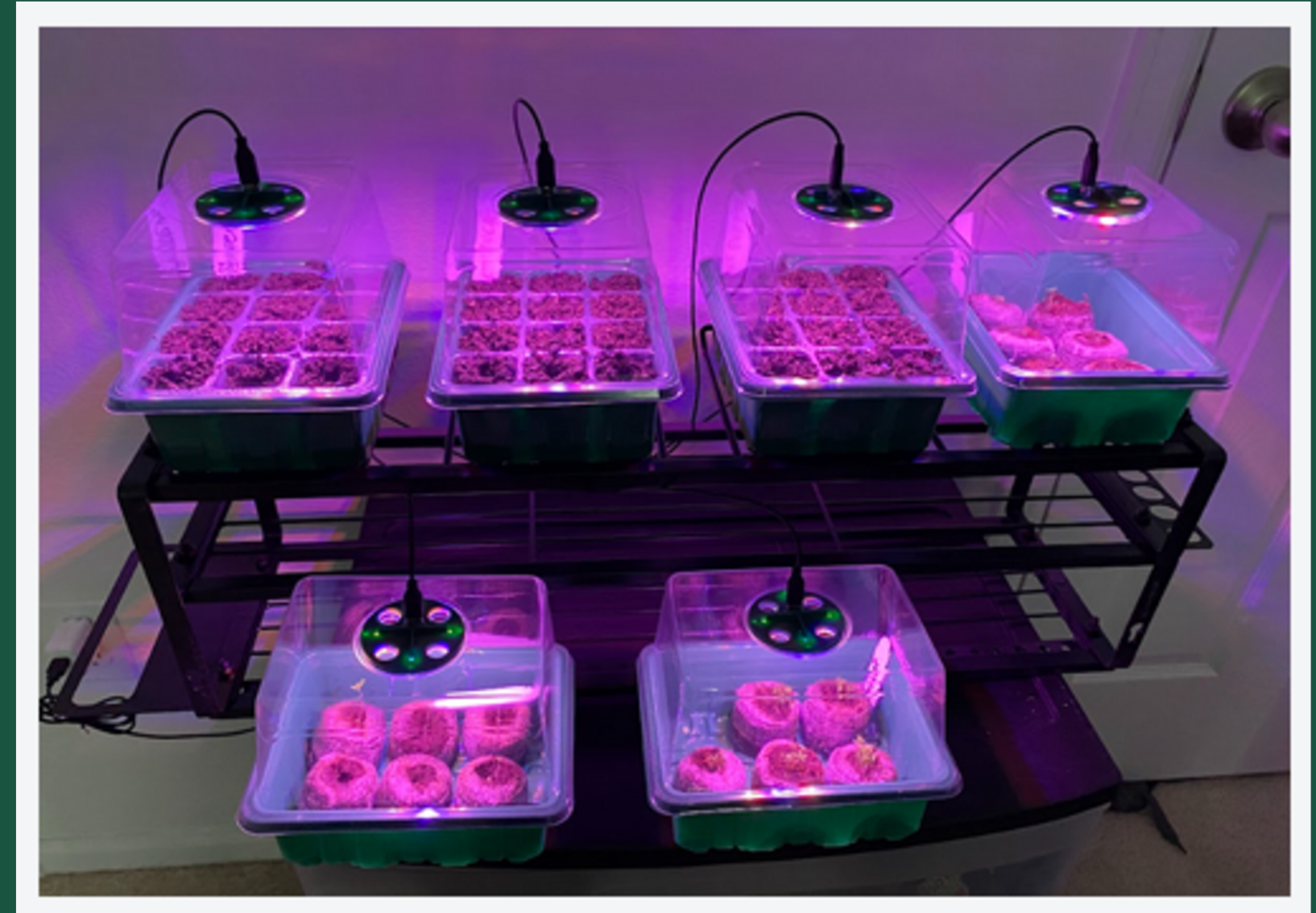
Water

Light source (window or grow light)

Optional but helpful:

Spray bottle

Tray under pots



# BASIC TOOLS





# CHOOSING THE RIGHT PLANTS



Herbs: basil, cilantro

Veggies: tomatoes, lettuce

Flowers: marigolds, zinnias

Is it safe for kids/pets?

Is it a beginner friendly plant?

# READING A SEED PACKET

Planting depth  
Spacing  
Days to germination  
Sun requirements



# DEMO

Peat Pots: Easy to use, made up of biodegradable material sphagnum peat moss and wood pulp or fiber, sometimes reinforced with organic binders. No storage issues!

Soil for your pots lightly press (not compact!)

On a budget?

Repurpose household items as planters

Seed libraries

DIY plant shelves, stands or use other surfaces Start small!!! (Psst Herbs)

Join local gardening groups



# DEMO

Plant 2–3 seeds in pot, cover

Watering Properly (bottom watering)

Moist, not soaking

Use gentle watering

Light & Placement

Bright window (south-facing ideal)

6–8 hours of light

Rotate plants if needed





# WHAT'S NEXT?

Germination timeline varies (3–14 days typically)

First leaves appear

Common Mistakes

Overwatering (biggest issue)

Not enough light

Planting too deep



# WHAT'S NEXT?

## Hardening Off

Transition plants outdoors gradually  
Happens closer to May in Zone 5b

## What is bolting?

Bolting is when a plant quickly shifts from growing leaves to producing flowers and seeds, usually triggered by stress like heat or sudden temperature changes. When this happens, the plant often becomes bitter





THANK  
YOU

