

# Seed Starting Checklist

A simple step-by-step guide to starting seeds indoors

## **Planning & Prep**

*(6–10 weeks before last frost)*

- Order seeds
- Gather grow lights
- Set up heat mats
- Clean seed trays & domes
- Buy seed-starting mix
- Set up shelving/racks
- Place fungus gnat traps
- Test extension cords & timer

## **Planting Day**

*(6–8 weeks before last frost)*

- Pre-moisten seed mix
- Fill trays
- Plant seeds at proper depth
- Label every variety
- Place domes on
- Turn on heat mats
- Turn on grow lights

## **After Sprouting**

*(1–3 weeks after planting)*

- Remove humidity domes
- Lower lights close to seedlings
- Keep soil moist (not wet)
- Add gentle fan after true leaves
- Begin weekly diluted fertilizer

*Timing may vary slightly depending on your location and last frost date.*

## **Potting Up**

*(3–5 weeks after germination)*

- Prepare potting soil
- Transplant carefully
- Water in
- Maintain strong light
- Continue airflow

## **Hardening Off**

*(1–2 weeks before planting outdoors)*

- Start with short outdoor exposure
- Gradually increase sun
- Protect from cold nights
- Monitor moisture

## **Garden Planting**

*(after last frost — mid-May in Zone 6b)*

- Choose planting day
- Prepare beds
- Plant at proper spacing
- Water deeply
- Add mulch if desired
- Step back and admire

**Start where you are. Plant the seed.**

*Vicariously Sisters*