



Pinoleville Pomo Nation  
Good Health & Wellness  
in Indian Country

# How to Grow Plants from Seeds Step by Step

1. Purchase quality potting soil. Ideally organic if growing food.
2. Use seed starter kits, egg cartons, or washed plastic food containers (yogurt containers, peanut butter jars). Poke holes in the bottom to allow water to drain.
3. Fill your container with potting soil and dampen the soil with warm water. (A spray bottle is helpful to prevent over-watering)
4. Read your seed packet to determine the right depth to plant your seeds. Poke a hole in the soil with your finger to the appropriate depth, place a seed in the hole, covering the seed with 3 times their thickness of soil.
5. Gently tap the soil down after planting and use a spray bottle to wet the soil again.
6. Keep the soil moist, spraying as needed. Covering the container with a plastic bag can help contain the moisture. Remove plastic bag once seed starts to sprout.
7. Keep your seedlings near a window for natural light.
8. Once your seedlings have 3-4 true leaves (true leaves look different than the first couple leaves that sprout) they'll need to be "hardened-off". Start by putting the seedlings outside in a spot sheltered from wind and direct sun. Bring inside at night for the first couple nights. Work your way up to giving the seedlings more and more direct sunlight. After a week or so the seedling will be able to withstand the elements all day.
9. If you don't have a yard with a spot to plant vegetables, use a large pot, plastic storage bin, 5-gallon bucket, or other large container and drill holes in the bottom for good drainage. Place container on bricks or blocks for even better drainage.
10. Fill the container with potting soil mix. Add organic fertilizer to the container (or ground) and transplant the seedling to it's new spot. Water after transplanting.



**\* Share extra seeds with family and friends! \***