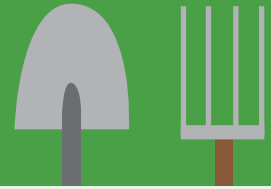


How to plant vegetable seeds



Some vegetable plants will grow better if they are planted straight into the ground or a large pot. These include: cucumber, pumpkin, zucchini, beans, corn, dill, coriander, carrots, beetroots, turnip, peas, garlic, potatoes, and radishes.

Some vegetable plants can be started in small containers called punnets and then planted in the ground or into large pots as little seedlings. This is called transplanting. Vegetables that transplant well include: lettuce, basil, tomato, eggplant, capsicum, onions, spring onions, chives, spinach, chard, cauliflower, broccoli, cabbage, and parsley.

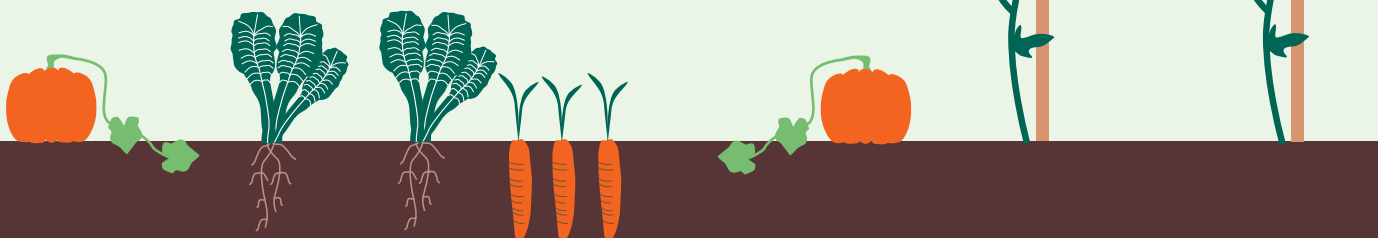
Planting seeds straight into the ground or large pot

It is important to choose a spot for your plants that will get enough sun. Leafy green vegetables and herbs such as lettuce, spinach and basil do well with 6 hours or more of sun per day. Plants that produce a 'fruit' such as tomatoes, cucumbers and eggplants, will ideally need at least 8 hours of sun per day.

Prepare your soil to make sure it's not too compacted. You can use a large garden fork to break up the ground. It's a good idea to add some compost. If planting into a large pot, make sure it is big enough, and fill with garden soil or potting mix. If your soil/potting mix is dry, give it a good water before planting your seeds.

1. Poke little holes no deeper than twice the size of the seed.
2. Make sure you space your seeds out. Look on the packet or look up online to find out how much room the plant will need when it is fully grown.
3. Sow one seed in each hole for fruiting plants like zucchini, pumpkin or capsicum.
4. Sow a few seeds in each hole for bunching plants like spring onions, parsley, beetroot, and basil.
5. Pinch the soil over the seeds or sprinkle more soil on top to lightly cover.
6. Small seeds can be sprinkled on top (not too many!) and covered with a thin layer of soil. Gently press down so they stay in place.
7. Water the seeds – a watering can with a showerhead, or a gentle spray nozzle on your hose is best
8. Label so you remember what they are!
9. Water daily and be patient. Some seeds may take up to 3 weeks to start growing!
In hot weather, you may need to water twice a day, so the soil doesn't dry out.

Tip: Little seeds like carrot and dill seeds (which can't be planted too deep), are at risk of drying out. Try planting under a thin layer of compost, which will help hold water and/or sand, which will help reduce water evaporation. Some people lay an old wet tea towel over the area to help stop the soil from drying out - check regularly and remove the fabric once they start growing.



This information is courtesy of Green Adelaide and the City of West Torrens.





Planting in punnets

You will need to purchase some seed raising mix from your local garden center or find a recipe for making your own online.

1. Make sure the seed raising mix is nice and damp. You may need to put some in a bucket, add some water, and mix before you use - especially if the bag is already open and has dried out a little.
2. Fill your punnets with seed raising mix.
3. Tap down gently and evenly. Add more seed raising mix if necessary so it's full to the top.
4. Poke little holes no deeper than twice the size of the seed.
5. Sow one seed in each hole for fruiting plants like zucchini, pumpkin or capsicum.
6. Sow a few seeds in each hole for bunching plants like spring onions, parsley, beetroot, and basil.
7. Pinch the soil over the seeds or sprinkle more mix on top to cover.
8. Small seeds can be sprinkled on top (not too many!) and covered with a thin layer of seed raising mix. Gently press down so they stay in place.
9. Water the seeds – a watering can with a shower-head, or gentle spray nozzle on your hose is best.
10. Label each type of seed planted, so you remember what they are!
11. Place somewhere you will see them each day. Your seeds do not need sun to start growing, they just need the right temperature. You can start your seeds indoors, so you don't forget about them. Place on a tray or plate to catch the water.
12. Water your seeds daily.
13. Once they sprout, they will need some sun. Move into a semi-shaded area. Somewhere they will get a bit of sun each day, but not all day. Under a tree can work well.
14. Water your seedlings every day – small punnets or pots will dry out quick so you may need to water twice a day in warm weather.
15. Once your seedlings have grown 4 to 6 leaves, they are ready to transplant into the ground or larger pots.



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