

# Growing a Salad

## Starting Seeds Indoors



**UF** | IFAS Extension  
UNIVERSITY of FLORIDA



Starting seeds indoors before outside weather is suitable for your specific edible, allows you to get a jump start on the specific gardening season.

Plant your seeds in containers or flats about 4 to 6 weeks ahead of your typical outside planting date.





**Choose seeds that are suitable for starting in containers.**

**Some edibles do best when they are directly planted as seeds where they will grow.**

**A few direct seeded plants in the garden include:**

**Beans, Beets, Carrots, Dill, Radish, Turnips**

Gather your clean containers.

Add moistened seed starting soil.

Many fall and spring edible seeds are very small. Find a handling technique that works for you.





Add small seeds to the top of the soil. Larger seeds will need to be pressed into the soil.



Add a thin layer of vermiculite over top of the seed(s).



Use a misting sprayer to moisten the vermiculite. Check pots every day for moisture needs.



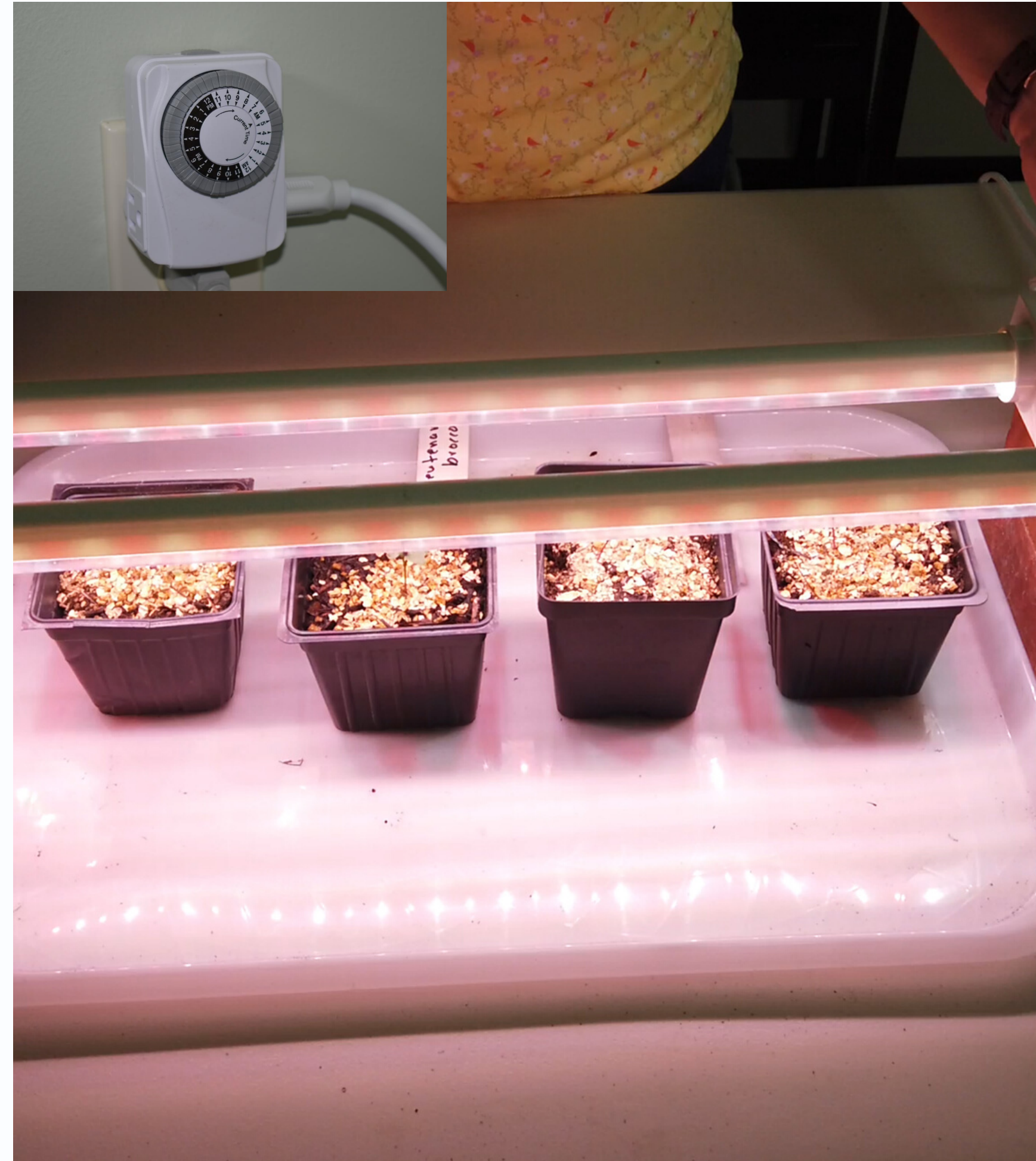
As soon as you see green growth, place appropriate light a couple of inches over pots.

Don't let seedling reach for light.

Choose a plant grow light or florescent light.

Raise your light as your seedlings grow.

New seedlings will need 12-14 hours of light each day.  
Consider an indoor timer to set light intervals automatically.





Check seedlings  
everyday for water  
needs.

When seedling develop  
a couple of sets of  
leaves, water with a  
diluted fertilizer mix.





Transplants will need to be slowly transitioned to outside conditions. Place them in sunlight for a couple of hours each day, increasing the outside time each day for 4-5 days. They should then be ready for your garden.



# LEARN MORE WITH UF IFAS EXTENSION ESCAMBIA COUNTY

---

[Escambia Extension YouTube](#)

[Handout Version](#)

UF IFAS Extension Escambia County

Beth Bolles, [bbolles@ufl.edu](mailto:bbolles@ufl.edu)

850-475-5230