Day 13: Indoor Gardening

**Indoor Gardening**
To help fight cabin fever we've found a couple simple indoor gardening techniques to bring in the Spring! Starting your seeds indoors for the growing season is a really phenomenal way to save time and to give your garden plants a great head start!

**Planting Pro Tips**
Although planting seems straightforward, it's easy to plant seeds too deep or to overwater them. Here are a couple of suggestions for planting success.

**Rules of a Green Thumb:**
**Planting:** plant your seeds twice as deep as they are wide. Plant 2-3 seeds in each pot (keeping them company, but not overcrowding them). If your seeds are tiny, place 2-3 of them on top of the soil, and lightly press down. Sprinkle soil as a topping, press down again lightly.

**Watering:** after planting your seeds, give them a very light watering (about 3 Mississippi's seconds). Tomorrow, try a soil feel test, is your soil dry and brittle? Water your seeds about two to three times a week -depending on the results of your soil feel test.

**Sunlight:** Give your plants energy! Find a sunny window or balcony for your seed to start to grow! They want about 4 -6 hours of sunlight to grow up big and strong.

**Notes:** Make sure your seeds aren’t expired (usually over a year old). Wash your mason jar or pop bottle to get rid of any potential hazardous germs that could affect the growth of your seeds.

**Here’s a great planter to start with...**

**Toilet Paper Seed Starter**

**Materials:**
- Toilet Paper roll
- Soil
- Seeds
- Scissors
- Plate

Cut your toilet paper roll in half. Make four cuts at the bottom of your roll ⅓ of the way up. Fold each area on the bottom to make a closed pot. Now, fill your new pot with potting soil, lightly pack it down. Plant your seeds using our ‘Rules of a Green Thumb.’ Place a plate under your new starts and find them a sunny window to live! Check out this video for more instructions: [Toilet Paper Roll Tutorial](#)

**Scroll to the next page for even more DIY planter ideas!**

**What seeds should you use?** Leafy greens, such as mustard and lettuce are great seeds to start with.

**Journal Prompt:** Observe what is different about your starts throughout the week. Do you see anything growing? Record your observations in your nature journal.

**Share your Findings or Creations** with us on [Facebook](#) and [Instagram](#)

**Tomorrow’s Theme:** Honey Bees!

**Time to explore!**
Maura, Mud Queen
Starting seeds with a paper towel is fast and rewarding, and takes less than 1 week!

The first step is to moisten 2 sheets of paper towels- you don’t want them to be sopping wet, just damp enough for the seeds to have some moisture. Using a spray bottle can help make sure the paper towels don’t get too wet. Fold one of the sheets and lay it in the bottom of your tupperware container and spread your seeds out evenly. Cover the seeds with your second moist paper towel. If you want to speed up the process of germination, you can place your tupperware in a resealable ziplock bag, creating a miniature greenhouse! Place somewhere warm, but not directly in the sun (it will fry your seeds). Check on them each day!

2L pop bottle SIP (Self-irrigated Planter)

Make a small cut with an x-acto in the middle of the bottle. Follow that cut with the scissors and cut the bottle completely in half. Unscrew the cap and, using your screwdriver and hammer, punch a hole big enough to fit your string through. Tie your string with a good loop at the end, (enough to have about 2 inches of tail). Guide your string through the cap: this is how water is going to travel up to the roots of your plant. Screw your cap back onto your bottle. You’ve made a self-watering planter! Fill the bottom bottle with about two inches of water and place the top bottle with your cap and wicking string snuggly into the bottom portion of your bottle. The next step is to place about two inches of soil in the bottom of your top bottle and sprinkle it with water and mix well. Repeat until you’re about an inch from the mouth of your bottle. Here’s a great video tutorial: Self Irrigating Planter

Want to know more about Indoor Gardening? The Civic Garden Center is an incredible source of information! They even offer online classes: Check it out here