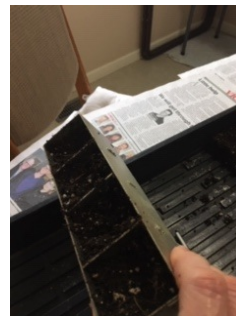


## Judith B. Recipe for Starting Seeds

1. Mix half potting soil and half starter mix; add some warm water and mix



2. Fill a soil blocker, tamping it down with your fingers.



3. Depress the soil blocker into a nursery tray.

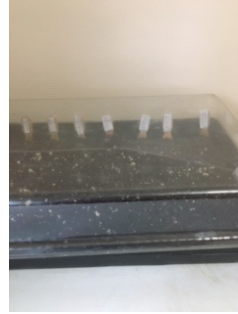


4. Fill the nursery tray with soil blocks.



5. Sow your seeds into the blocks and label each row.

6. Cover the seed tray with clear cover.



7. Mist the seeds daily, do not over-water as this will lead to 'damping off'.
8. Once seeds germinate, transplant to their own pots.
9. Place under grow lights indoors until hardening off outside in early May, followed by transplanting to garden in late-May.