



the local  
carbon  
network

## Urban Farming - Lesson 3 Starting Your Seedlings

## Materials to collect

- Toilet paper rolls
- Paper towel rolls
- Egg cartons
- Yogurt cartons
- Food trays



## Storing the materials

They don't need to take a lot of space in your house. The toilet rolls can be flattened and egg cartons and yogurt cups usually fit into each other to save space



## Egg cartons

Important to purchase cartons in unbleached paper.

Both sides of the carton can be used for seedlings.



## Delivery packaging

You can also use any cardboard boxes that arrive free of charge to your doorstep



## DIY seedling vases with cardboard strips



Cut the cardboard into strips, bend into a circle and hold with an elastic. You can remove the elastic before planting and reuse it many times

## Build the tray

Cut the toilet rolls in half and arrange on the tray. Add any egg cartons you have or cardboard and elastic ones.

If you don't have a large tray you can recycle the small trays most food is packaged in.



## Compost or soil

We like to use home made “hot” compost that has been enriched with biochar at the beginning of the process.

Detailed info is given on another lesson. Dampen the compost or soil and drain any excess water prior to filling the seedling vases.





## Seeds

Starter seeds can be purchased from any garden supply store although it would be best to get natural ones from any local seed bank or seed exchange events. You can also keep the seeds from one or two of your best plants each year. Make sure you are getting something suitable for the season you are in.

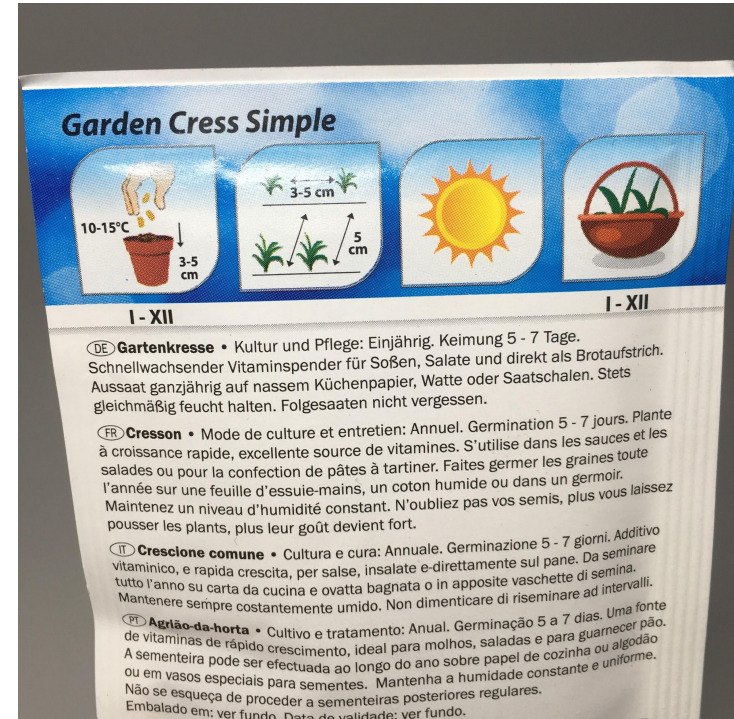


## Seed Info

Basic info as to sowing, harvesting, exposure and distance is given on the packets and can be very useful.

Distance can be a little less than that advised of you are planting in a rich medium like compost

Avoid F1 hybrid seeds as you cannot really reseed those the following year.



## DIY Name Tags

No need to purchase fancy tags.

Just cut some packaging into strips and write on them using a permanent marker

This is a pint of yogurt.



## Sowing

Add seeds and tags to your DIY vases respecting the depth that is given on the seed packet.

Water very lightly daily trying to get water on the compost directly on not so much on the leaves.

Use larger pots for larger plants such as pumpkin, tomatoes, zucchini etc





the local  
carbon  
network

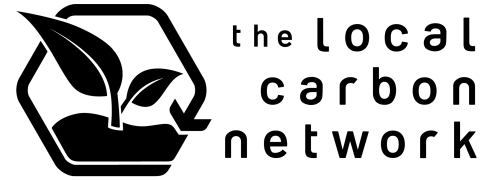
## Exposure

Leave the seedlings on a windowsill until they sprout,

Move them into their big pots when the leaves start differentiating themselves and there is no night frost.

Don't leave them in the small pots for too long as they may adapt to them and then struggle to adapt to the outdoors.





**The next lesson explains how to understand your soil type...**

**If you have any questions please write to us in the Facebook Group**

**<https://www.facebook.com/groups/LocalCarbonNetwork>**

**or keep an eye out for our newsletter as we often arrange free online Q&A sessions on ZOOM**

**or see our FAQ, Articles and videos on the website <https://localcarbon.net/>**

**Thanks!**