



SEED STARTING SUPPLIES

Seed starting is a terrific way to take your gardening skills to the next level. Starting from seeds gives you better control over the timing and growth of the plants, so you can start when needed and not just rely on nurseries and what's available. It gives you so many more choices of varieties than you might find in stock at the garden center. And (sometimes) buying seeds for a variety of plants can be more cost effective than starting your garden from all nursery transplants. However, seed starting is an investment in time and in startup supplies. It also takes patience, practice and trial and error.

Traditional seed starting components:

Grow space - shelves or table

Grow lights - a few good parameters: LEDs or fluorescent, full spectrum, 5000-6500 Kelvin

Timer for lights

Oscillating fan

Heat mat (for germination)

*Cell Tray or containers to plant in (with drainage holes)

*Non-draining tray that holds water (and the above containers)

Humidity dome, plastic wrap or wide burlap to create humidity for germination

*Seed starting mix - my favorite: Coast of Maine Seed Starting Mix

Plant tags (or painters/masking tape) to label + a marker

Seeds

Spray bottle

Indoor thermometer/humidity gauge (optional but helpful)

On seed-starting day, you will also need:

*Large bowl or container to pre-moisten the seed-starting mix

Small watering can or pitcher with warm water

Toothpicks + 2 small dishes

Optional but helpful for clean-up: potting mat & handheld broom

Soil Blocking Components - the above supplies minus the * items, plus:

Soil blocker tool (3/4in or 1.5in work for most seeds)

Sifter

Soil blocking mix or finely sifted potting mix - my favorite: Fort Vee mix from Vermont Compost Company (sifted)

A container to be used as a "part" for measuring - yogurt container, mason jar, etc

Flat bottomed tub for mixing and blocking

Shallow edged, flat bottomed tray to hold soil blocks (ie: styrofoam meat tray or lunch tray)

Potato masher + small spatula or spackle knife



FAVORITE RESOURCES

SOIL BLOCKING

Lisa Mason Ziegler at thegardenersworkshop.com

Absolute favorite resource, with everything from soil blocking education (online courses, podcast and blog) to an online store that features every supply you could need.

She's the queen!

SEED STARTING SUPPLIES

gardeners.com

Great selection of seed starting shelves and lights

epicgardening.com

Curated collection of high quality trays and supplies for home gardeners

bootstrapfarmer.com

The highest quality, made in the USA trays of all sizes. Also great educational resources.

[Soil Blocking guide](#)

[Traditional seed starting guide](#)

johnnyseeds.com

The industry standard for the highest quality products and educational resources.

[Starting Seeds Indoors](#) (multiple guides)

[Johnny's Seeds Planting Calculator](#) guide to seed starting dates

*Timing is for traditional cell trays, reduce timing by 1/3 for soil blocks

LOCAL FREE SEED LIBRARIES

Montclair Public Library (Bellevue branch), Glen Ridge Library (native plants),
Montclair Community Farms

FAVORITE SEED COMPANIES

Botanical Interests (sold at Whole Foods in season), Hudson Valley Seed Co., Renee's Garden, Johnny's Seeds, Baker Creek, Territorial Seeds

Thanks for growing with me!

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