



## Planting Seeds

Sowing seeds is something that sounds easy until you try to do it with the wrong technique. To get the most out of your seeds, follow these steps.

1. Pay attention to planting depth and spacing. Like I mentioned in the seed packet lesson, you can mark a dowel or stick with the proper depth and then poke the soil where you want to put your seeds. Small seeds need less soil over them, and large seeds need more.
2. Place one seed per divot and then cover them. Gently press down on the soil. Then give them some water; for very small containers like transplants use a spray bottle.
3. Label your plants. Make sure you know what is what, and help your younger kids practice writing. If your seeds are outside, make sure to use a waterproof label or marker.
4. Send them love! Studies have shown that plants grow better when exposed to positive words and thoughts. Remind your kids to give kind words to the plants as they grow.



*Label a dowel or stick with measurements*

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*Poke a hole to the appropriate depth in prepared soil.*



*Add seed to the hole, this example is a green bean at 1 inch depth.*





*Gently cover with soil and press down to secure. Give your seed encouraging words and love.*