



Seed Starting Checklist

Pacific Northwest Edition

Before You Begin

- Check your average last frost date
 - Count back 6–8 weeks for most vegetables
 - Choose seeds suitable for indoor starting
 - Read each seed packet for depth + timing
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Gather Supplies

- Seed starting mix (lightweight, fine texture)
 - Containers with drainage holes
 - Seed trays or small pots
 - Plant labels (don't skip this)
 - Grow light or very bright window
 - Watering can or spray bottle
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Planting Day

- Pre-moisten seed starting mix (damp like a wrung sponge)
 - Fill containers and gently firm the surface
 - Plant seeds at correct depth
 - Lightly cover if required
 - Label immediately
 - Water gently (bottom watering preferred)
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After Germination

- Provide 12–16 hours of light daily
 - Keep grow lights 2–3 inches above seedlings
 - Rotate trays if using window light
 - Keep soil evenly moist (not soggy)
 - Thin crowded seedlings
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Preparing for Outdoors

- Begin hardening off 7–10 days before transplanting
 - Start with 1 hour outside in mild conditions
 - Gradually increase exposure each day
 - Transplant after frost risk has passed
 - Celebrate your first true leaves 
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Gentle Reminders

- March light in the Pacific Northwest is weaker than you think.

- Leggy seedlings usually need more light — not more water.
- Some seeds will fail. That's normal.

Notes

The Odd Garden

Growing gently in the Pacific Northwest