

HOW TO DIRECT SEED

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What is direct seeding?

The process of planting seed directly into the soil without starting in a greenhouse and then transplanting them.

Why should some plants be directly seeded?

Some plants have a root system is more sensitive, and direct seeding is less disturbing to the roots than the process of transplanting.

How do I know which plants to direct seed?

It's always good to double check on the seed packet, but you can follow this general guide:

Transplant	Direct Seed	Direct Seed or Transplant
Nightshades: Tomatoes, Peppers, Eggplant	Root crops: Carrots, Beets, Radishes, Parsnips, Turnips, Potatoes, Garlic	Leafy Greens: Lettuce, Spinach, Arugula, Asian Greens
Brassicas: Cabbage, Brussel Sprouts, Kale, Broccoli, Cauliflower, Collards	Legumes: Beans, Peas, Lentils	Cilantro
Cucurbit: Cucumbers, Summer squash, zucchini, pumpkins, winter squash, melons	Corn	
Chard	Wildflowers	
Okra		

Now let's walk through the process step by step...

1. **Prepare your soil for planting.** (See our [video](#) on soil prep!)
2. **Dig furrows by rows into the soil.** Check your seed packet how deep your seed should be planted. This can be anywhere from 1/4 inch to 5 inches depending on seed.



3. **Add your seeds to middle of furrow.** Check the spacing on your seed packet to identify the accurate spacing of your seeds. **Make sure to overseed** your furrows as not all of the seeds will germinate. You can return the furrows to the desired spacing after the seeds sprout.



4. Cover up seeds with soil on the walls of the furrow. You can do this by gently brushing the soil overtop the seeds without disturbing the rows.

5. Water the soil generously. Your soil should be hydrated completely. Do this every day until the seeds germinate.



6. Thin your bed to the desired spacing. Once the seeds have sprouted, gently pluck out the overseeded rows so each plant has the right amount of space.

