

# Seed Starting Kits

## Product Guide

Questions? Contact us at (888) 784-1722 or [helpdesk@groworganic.com](mailto:helpdesk@groworganic.com)

The Peaceful Valley Seed Starting Kit contains the following:

- **Phoenix Seed Starting 1020 Tray.** Holds your coco fiber pots, and prevents messes and drips.
- **Seed Starting 7" Dome.** Increases humidity, like a tiny greenhouse.
- **2.25" Coco Fiber Pots.** Biodegradable pots are perfect for seed starting.
- **PVO Liquid Fish – 1 Pint.** Apply this organic fertilizer once your seedlings have grown true leaves.
- **Widger.** This handy tool is great for transplanting fragile seedlings.
- **Wooden Plant Labels.** Keep track of what you plant.
- **Starting Seeds Indoors.** A useful guide, from germination to transplanting.
- **\*Light System – one 2-foot bulb.** Young plants need plenty of light.
- **\*Gro Mat 1 Flat Size (9" x 19.5").** Place under your 1020 tray to keep everything warm.
- **\*Deluxe Seed Starting Kit ONLY**

**SHIPS FREE**  
in the lower 48 states



### Before Planting

**Step 1–What are you planting?** Decide which seeds should be started indoors, and which will be sown directly into the garden. Not all seeds are suitable for transplanting. Read the back of your seed packets and refer to the Starting Seeds Indoors booklet, page 21, for a list of seeds that should be direct-sown.

**Step 2–When should you plant?** Check your local first and last frost dates and then calculate your best planting dates by using our Seed Planting Calculator (<https://www.groworganic.com/pages/seed-planting-calculator>)

**Step 3–Where to grow your seedlings?** Place your tray somewhere convenient so you will check on it often. Your seedlings will need:

**Light**–check your seed pack for how much; some seeds need more than others.

**Humidity**–use your dome to increase humidity.

**Ventilation**–place your seedlings where you can provide good ventilation to prevent fungal problems such as damping off.

**Temperature** - usually 70–75°F, but some seeds need cooler conditions. Check your seed pack and page 20 of the Starting Seeds Indoors

booklet. Keep your soil warm by using the Gro Mat heat mat, or place the seedlings in a warm location such as a windowsill or the top of your refrigerator.

### Time to Plant!

1. Prepare your seed starting soil: add enough water until it is wet like a sponge.
2. Fill your coco fiber pots nearly to the brim with damp seed starting soil, and place in the 1020 tray.
3. Plant your seeds! Check your seed packets for specific instructions, as all seeds have different needs for planting depth and spacing. Some may also require additional special treatment such as stratification or scarification (see the Starting Seeds Indoors booklet, page 20, for a list).
4. Label each pot or row of pots with the wooden plant labels

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### Growing

Check on your seedlings every day.

Keep your soil evenly moist but not soaking wet. Overly wet soils can cause disease and problems such as damping off. Your drain tray should never have standing water higher than the tray ridges. Apply water with a mister wand head or a spray bottle, or water from the bottom, to avoid disturbing the seeds and young roots.

Keep your plants warm. Most will like a soil temperature of 60–70°F.

Make sure your seedlings are receiving adequate light. If they're in a windowsill, rotate them regularly so they grow straight.

Once the "true" leaves appear, it is time to fertilize with PVO Liquid Fish. True leaves are the second leaf-like growth to appear; the first are called cotyledons. Mix 4 Tbs (2oz) of Liquid Fish with 1 gallon of water, and spray on the foliage to the point of run off. Repeat weekly.

Thinning should be done when the seedlings have grown at least four true leaves, to prevent overcrowding. Check the back of the seed packet for the correct spacing. Use the widger to carefully transfer thinned seedlings to their own coco fiber pots.

### Transplanting

Your plants will grow too large for the pots in this kit. At that point, you should transplant them either to larger pots (which will later be transplanted into the garden) or directly into the garden. Which option is best will depend on what you're growing, the weather, and other factors unique to your garden.

Prepare the seedlings to transplant by thoroughly watering the soil as well as the pot. You will also want to moisten the soil into which you will be planting them.

Your coco fiber pots can be planted along with the seedlings, as they will decompose in the soil. This helps to prevent transplant shock or damage to the fragile seedlings. Cut the rim off the pot and cut some slits in the sides before you plant it in a larger pot or in the garden.

Continue to water your plants with diluted Liquid Fish weekly. Your plants will also enjoy a weekly feeding of Liquid Kelp, at 2 to 4 Tbs per gallon of water.

If your plants are ready to be transplanted into the garden and the nighttime temperatures are appropriate for your seedlings, you will need to harden them off. This will acclimate them to living outdoors. A week before transplanting, move the coco fiber pots outside. You'll need to put them somewhere sheltered from direct sun, wind, and pests. Keep them well watered. If it gets too cold at night, move them inside.

In the event of a late frost after transplanting, use a rowcover such as Agribon to protect your young plants.



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