Red Solo Cup method to start seeds

Supplies: Two 16 oz Plastic cups (such as red Solo cups), seed starting media, vermiculite (opt.), small pebbles, permanent marker, and sandwich bags

1. Label your cups with the type of seed and date started. Make a plant tag.
2. Cut ~1" wedges in the bottom OR punch several holes in the bottom of one cup.
3. Fill the cup *halfway* with seed starting mix.
4. Place 2 -3 seeds on top of the mix.
5. Cover lightly with vermiculite (if available) or starting mix.
6. Pour water into the outer cup for the soil to soak up.
7. Place a few small pebbles in the second cup and insert the first cup.
8. Put a sandwich bag over the cup and place the cup on a tray.
9. Place the cup on a heat mat.
10. When sprouted, remove the bag.
11. Transfer the cup from the heating mat to under a grow light.
12. When the seedling has true leaves and is as tall as the cup, add more moistened seed starting mix to cover most of the stem. The seedling will then develop more roots.
13. Begin hardening off the seedlings on our last frost date. (May 18th or earlier if a warm spring with no significant chance of frost.)
14. Complete hardening off and plant 2 weeks after last frost date (June 1st)

(Dates to begin hardening off and planting outdoors are flexible. Keep an eye on the forecasts.)

NOTES:

Kind of seed planted: _____

_____

Date started: _____ Date hardening off started: _____

Date planted: _____ Date harvest began: _____