

SOWING SEEDS IN A GARDEN BED

WHAT IS SOWING SEEDS?

Sowing seeds means to plant them. When we sow seeds, we give them all the things they need to sprout and grow into plants. Seeds need water, air, warmth, and a safe home in the soil. They don't need sunlight until they sprout and become plants.

WHY DO WE SOW SEEDS?

We sow seeds in order to grow food and flowers. Some crops, like spinach, beans, radishes, and carrots like to sprout from seeds in the garden bed rather than in the greenhouse. This is because their roots are fragile and don't like to be moved.

WHAT TOOLS DO WE NEED?

Poles and string, ruler, seeds, watering can or hose.

- 1) First, figure out how many rows of seeds you will sow, how deep to put them in the soil, and how far apart the seeds need to be within the row. If your seeds are too deep, too shallow, or too crowded, they won't grow as well.

HOW DO WE SOW SEEDS?

Spinach: rows are 8 inches apart; make the row only 1 inch deep; and put one finger width between each seed within the row.

Pole beans or Scarlet runner beans: only 1 row next to a trellis or fence; make the row 1 inch deep; and sow the seeds 1 inch apart.

Bush and fava beans: rows are 12 inches apart; make the row 1 inch deep; and sow the seeds 1 inch apart.

Radishes: rows are 4 inches apart; make the row $\frac{1}{2}$ inch deep; and put one finger width between each seed within

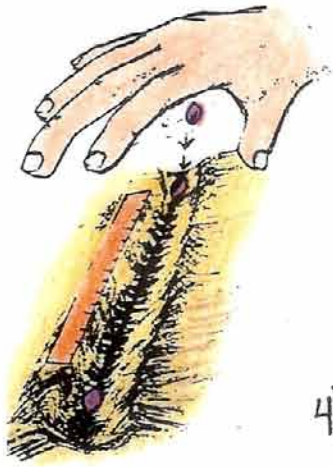
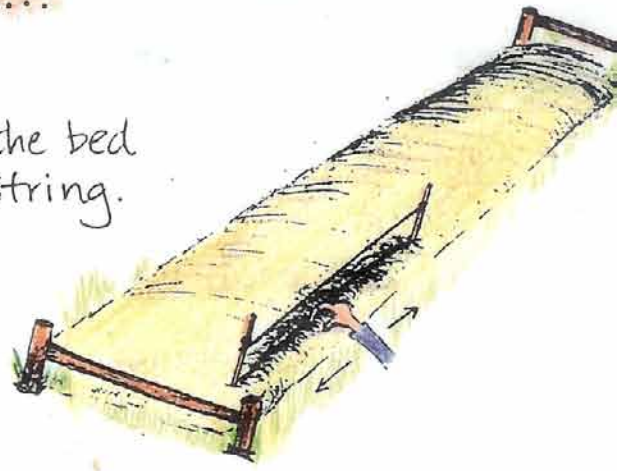
Carrots: rows are 10 inches apart; make the row $\frac{1}{2}$ inch deep; and put one finger width between each seed within the row



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SOWING SEEDS IN A GARDEN BED continued...

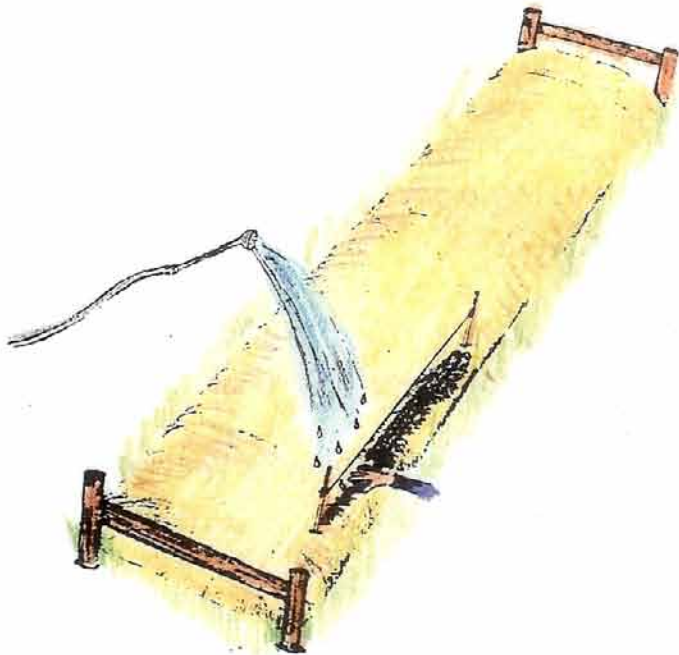
- 2) Measure where the rows will be in the bed and mark the line with poles and string.



- 3) Using the string as a guideline, take your fingers and make a furrow or trench only as deep as your seeds need.

- 4) Take some seeds in your hand, and place them one at a time into the furrow at the proper spacing.

- 5) When the row is finished, cover the seeds with soil and pat down gently.



- 6) Using a watering can or hose, carefully water the whole bed. Don't make puddles or mud and don't wash the