

Activity Guide – Sowing Seeds

Items required -



Steps...

1. **Punnets**



– if re-using punnets or pots wash before use.

2. **Plastic scoops**



Use scoop or plastic spoons.

3. **Seed Raising Mix**



Fill punnets or pots with seed raising mix.

4.



Sprinkle seeds over seed raising mix.

5.



Cover with a light sprinkle of seed raising mix

6.



Spray seed raising mix & seeds gently with water sprayer

7.



Using marker pen record seed name on plastic plant label

8.



Place punnets or pots into plastic trays and place in a shadehouse or part shade & sun position.
Spray with water twice per day until seeds germinate