

'Gardening for Health and Wellbeing'

Activity Guide Potting Flower Seedlings

Items required:















gloves

seedlings

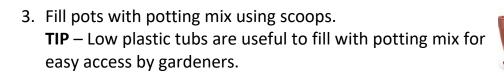
liquid fertiliser potting mix watering cans

pots

plastic trays

Steps:

- 1. Wear gloves when using potting mix and other gardening products. Dust masks are also recommended for this activity.
- 2. In plastic tray place small/weak dose of liquid fertiliser (refer to product application rate for dosage) and add water to half fill tray. Soak seedlings in liquid for 10 minutes before planting.



- 4. Make a small hole in potting mix with two fingers or a small stick. If using a larger pot place two or more holes into potting mix to plant multiple seedlings.
- 5. Place one seedling gently into each prepared hole in potting mix.
- 6. Gently pat down soil around seedling.
- 7. Apply a half teaspoon of organic fertiliser around each seedling.
 - **TIP** keep fertiliser away from plant stem and leaves as it may burn foliage of small plants.
- 8. Apply a small amount of water around each seedling. **TIP** use liquid from plastic trays to water in seedlings.
- 9. Place in a sunny location and water each day.

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It is recommended to use personal protective equipment when undertaking all gardening activities and Soil to Supper is not held responsible for gardeners not adhering to safety requirements while gardening and completing these suggested activities.