



Seed Starting Steps

Soak the seeds for 6-24 hours

Separate the rockwool pieces

Soak the rockwool and place in trays

Put 2-3 seeds in each hole - you may need tweezers

Cover seeds with vermiculite (optional)

Cover with clear plastic lid

Monitor daily; make sure there is water at the bottom

When seeds sprout, transplant to tower (in rockwool cube)

*Optional - use a heat mat to place under the tray

