Seed Planting and Growing

Trays, Pots and Modules

Gravel Trays

Gravel trays can be used to hold modules and pots.

They do not have holes so will catch water when you are watering the seeds and seedlings.

Set of Modules

Don't have modules? Be creative! Yoghurt pots make great small plant pots if you make holes in the bottom for drainage and sit them on a bowl or saucer to catch any excess water.

Sowing Your Seeds

1. Fill modules or pots almost to the top with compost.

Press this down gently then water and leave for 10-15 minutes before sowing the seeds.

You might want to do this over a box or plastic bag to catch excess compost.

2. Read the details on the seed packet (or see our separate Planting Depth and Spacing information sheet for seeds picked up at our giveaways) to see how deep the seeds should be sown.

3. Sow the seeds into the modules or pots then cover with enough compost to match the depth that the seeds should be planted.

4. Place modules/ pots on a gravel tray in a sunny, bright windowsill.

5. Write on a stick which seeds are in the rows/pots and slide in the soil at the side.

6. Check how dry the compost is over the next few days. It should be moist but not too wet.

When watering, put water in the gravel tray rather than directly onto the modules/pots from above. This way there is less chance of disturbing the seeds whilst they are germinating (starting to grow)

Handling Seedlings

1. When the leaves start to appear and the seedlings (plants) are getting bigger, you may want to transplant them into a bigger pot. You can 'grow them on' in this way, or pass to a friend, neighbour or community growing space.

2. Be careful when removing them from the module.
- First put compost into the new pot
- Hold the seedling by the leaves – not the roots or stems as you may damage it.
- Gently remove the seedling from the module, trying to take as much root as possible

3. Make a hole in the soil in the pot using a pencil. Then drop the seedling into the hole, and firm the soil around it. Water gently to bed in the seedling, place in a sunny spot and watch it grow!