

# Starting Seeds Indoors

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Growing your own transplants is a great activity for all ages. You can plant vegetable seeds like tomato, pepper and broccoli; flower seeds like marigold, gomphrena and salvia; herb seeds like basil and parsley. Mid-March is the approximate time to start seeds. Here are a few tips if you want to try it yourself.

Spindly growth is a common problem when growing transplants indoors. It is best to place the seedlings under artificial light. It is not necessary to have a grow light plant stand. A standard shop light fixture with any type of bulb works fine for starting seeds. Or you can purchase a ready to go, out of the box, shop light with LED lights. For best results, the lights should be approximately 1 inch above the seedlings. Raise the light as the seedlings grow. Leave the lights on 12–16 hours a day.

Many vegetables, herbs and flowers do better at direct planting outside. Plant cucumbers, squash, dill, zinnia, cosmos and sunflower seeds after the chance for frost has past and the ground temperature is consistently warm (over 55°F). This usually occurs in mid- to late-May.

## HELPFUL RESOURCES

- Nebraska Extension Video: Starting Seeds Tips, [www.youtube.com/watch?v=HhLhtlHWvc4](https://www.youtube.com/watch?v=HhLhtlHWvc4)
- University of Minnesota Extension Web Resource: Starting seeds indoors, <https://extension.umn.edu/planting-and-growing-guides/starting-seeds-indoors>



- Supplies needed to start seeds are:
- Seed Starter cell packs
  - Seed Starting mix
  - Plant labels
  - Vegetable, herb and flower seeds
  - Grow or shop light



Tomato seeds under a grow light, approximately 5 days after planting.

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