

## How do you start your seeds?

### 1) Use Seed Starting Soil

Not all soils are created equal. Use a seed starter soil or planting mix that provides for quick and even germination.

### 2) Plant at Correct Depth

The rule of thumb is that seeds should be planted twice as deep as the seed is wide.

### 3) Keep Seeds Moist

Do not let your seeds dry out during germination.

### 4) Feed Baby Seedlings

Once seedlings have two sets of leaves, feed them!



## New to Growing?

We have resources for your gardening success!

- ✓ **Instructional videos** on YouTube, Instagram, and Facebook!
- ✓ **Grower's Library** on our website has lots of helpful growing information!
- ✓ **Our Newsletter** is packed with helpful information 2x a month! *Subscribe on our website today!*
- ✓ **Get our Planting Calendar for Zones 9 and 10!** Tips and timing for your gardening success.
- ✓ **Online Master Course** How to Grow Your Own Food (scan code).



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Veggie and Flower

# Gardening Quick-Start Guide

Who | What | Where | When | How

## Who? You!

**Congratulate yourself for planting a garden.**

You're taking the first step toward providing your family the freshest, best-tasting, and nutritionally dense food possible. Gardening is also a great way to understand and deepen your personal relationship with the environment.

Remember that gardening of any kind is a journey, not a destination. Each year you will make mistakes, you will learn, and you will get better. The more you garden, the better your soil becomes, and the easier it gets.

**Your success is our success.** Thank you for letting San Diego Seed Company be your companion in your gardening journey! Together we will make the process fun, meaningful, and delicious.

[sandiegoseedcompany.com](https://sandiegoseedcompany.com)



Brijette Peña, founder & CEO

# What do you plant into?

When choosing a place to garden or deciding whether to plant into a pot or in the ground, here are some considerations:

**No matter what, plant into the best soil possible.** Soil for your veggies and flowers should be fluffy, allow for good drainage, and have lots of organic matter such as compost or well-composted manure.

**Container Planting:** Be sure your container has holes in the bottom that allow drainage. Fill it almost full with quality organic potting soil/compost mix, adding extra compost whenever possible.

**In-Ground Planting:** Amend the top 6-12" of your native soil with compost and composted manure.

If you are planting in a pot or in-ground for the first time, it is likely that you need to add fertilizer. Use a well-balanced organic fertilizer with beneficial microbes and fungi (mycorrhiza). We like G&B Paradise 5-5-5 Organic Fertilizer. But don't overdo it! Too much fertilizer harms beneficial soil microbes.

**Amending** = improving the structure of soil.

**Fertilizing** = adding plant nutrients to soil.



# When do you plant?

Vegetable crops can be divided into two groups: those that like long days/warm weather and those that like short days/cool weather.

## Knowing your Growing Zone is key!

- The highest daytime and lowest nighttime temperatures at your location are the primary factors determining the growing season for a given crop. Frost will take out many warm-season crops, and a heat wave will promote flowering of cool-season crops.

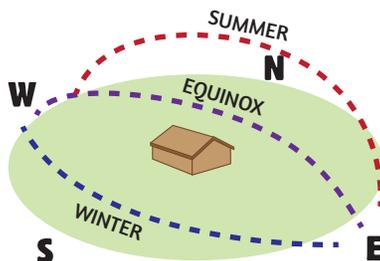
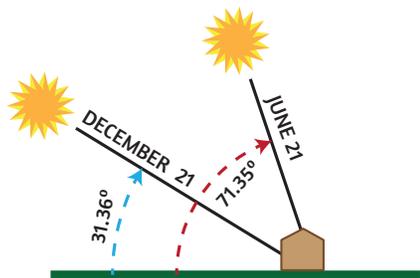


**Scan code to find your Growing Zone by Zip Code**

- Even within a zip code, your particular microclimate has significant effects on your growing season, including such factors as being in a canyon/river valley or on a mesa, proximity to the coast, elevation, wind protection, slope, and tree canopy.
- Using protection (shade cloth for heat, or row coverings for cool) can help extend your production into the shoulder seasons.

# Where is the best location?

Your garden wants lots of sun. All veggies, whether cool or warm season (see chart), like full sun for as many hours as their growing season allows. When planning your garden, take into consideration potential shade from trees or nearby buildings and fences. Paying attention to the sun's changing seasonal angles is important too. In summer, the sun rises and sets further north with a high overhead arc; in the winter, it rises and sets to the south and never gets very high in the sky. Not enough sunlight can affect the health of the plants and your yields.



**No matter where you grow, check our website for useful growing tips.** Your local Master Gardeners website posts a wide range of free planting information. We also recommend getting familiar with your local agricultural extension website, where lots of free information can be gleaned.



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