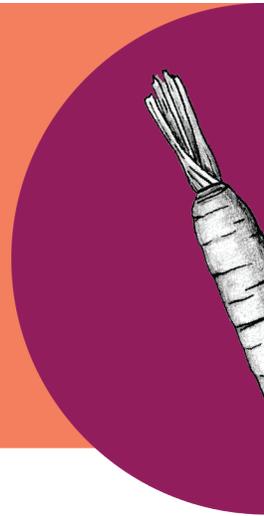


THE EDIBLE SCHOOLYARD PROJECT



HOW TO: DIRECT SEED

Summary: The process of direct seeding (also called direct sowing) involves planting seeds in the garden, rather than buying small plants or starting seeds indoors and transplanting them outside. This lesson will walk you through the steps of direct seeding so you are ready to direct seed something yourself!

Time: 10-30 minutes

Materials:

- Seeds from seed packets
- A container or location for planting.

Notes for Teachers and Parents

- If students are completing this lesson as part of [Know, Sow, Grow](#) this is lesson six.
- The lesson is a great extension from [How To: Read a Seed Packet.](#)

References:

Duct Tape Milk Carton Planters. (n.d) *Instructables*. Retrieved from <https://www.instructables.com/id/Duct-Tape-Milk-Carton-Planters/>

All images were created by The Edible Schoolyard Project.

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HOW TO: DIRECT SEED

Name _____

READ: Read through the steps of direct seeding. See the visuals for helpful tips. Also, check out our Instagram for a video story of the process of direct seeding.

<https://www.instagram.com/edibleschoolyard>

DO: Let's plant! If you don't have access to a planting area outside for direct seeding, no problem! You can plant in a variety of different containers, including a [milk carton](#). Check out our lesson titled [Create Your Own: Planter Box](#) to create a planter of your own.

Steps for Direct Seeding

DO: Check off each step as you complete it.

- Step One:** Find a space to plant. The location for planting can be outside or in an indoor garden container.
- Step two:** Prepare the soil. Use a rake, hand fork or your hands to loosen soil. Break apart large soil clumps, and remove debris. Make sure your soil is watered and fairly saturated. You should be able to squeeze the soil in your hand and it should hold together.

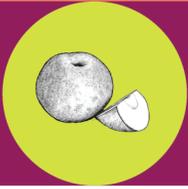


Example of how to check soil moisture

- Step Three:** Choose Your Seeds. Seed packets provide you with so much information. See our lesson on [How To: Read a Seed Packet](#) to learn more. We always use organic seeds at The Edible Schoolyard Project.



Example of seed packet



HOW TO: DIRECT SEED

Name _____

- **Step Four:** Mark out a line and make a dent in the soil where you want to plant. The rule of thumb is to plant at a depth equal to three times the seed diameter. You can use a garden tool to create indentations in the soil or you can use your hand.



Example of using a rake to make indentations in the soil

- **Step Five:** Place seeds. You can also try planting seeds closer, dropping a seed every inch or two, and then thinning to suggested spacing once they have germinated. A cool trick is to use your finger to determine the spacing. Measure the space from the tip of your finger to the first crease, that space is about 1 inch. See image below.



Example of using your finger for spacing



Example of how to plant seeds.

- ☐ **Step Six:** Cover seeds by pinching then patting down the soil



- ☐ **Step Seven:** Last step! Water!



- ☐ **Optional:** Thin once plants have germinated. Thinning refers to the removal of some of the plants. Space out your seeds for optimal growth.



This is an image of beets, which should be spaced 2-4 inches apart.