

2026 Indoor Seed Starting

Town of Perinton Community Garden

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- Saves money
- Allows gardeners to grow varieties not always available as transplants

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Timing: When to Start Seeds Indoors

- Average last frost in Perinton is May 10-15
- Read labels on seeds to see when is recommended to start indoors
 - Count back from last frost date
 - Most seeds between 6-10 weeks before last frost
- Start indoors
 - Onions, leeks, broccoli, cabbage, cauliflower, tomatoes, peppers, eggplant, basil, thyme, and parsley
- Direct sow
 - Beans, peas, corn, squash and cucumbers



Supplies You'll Need

- Essential
 - Seeds
 - Seed starting mix
 - Containers
 - Watering can or spray bottle
- Strongly Recommended
 - Grow light
 - Heat mat
 - Labels



Planting Seeds

- Fill containers with moistened seed starting mix
- Plant seeds at the depth listed on packet
- Label seeds
- Water gently



Light: The #1 Success Factor

- Seedlings need 12-16 hours of light daily
- Grow lights should be 2-3 inches above seedlings
- Rotate trays if using window light
- Weak, leggy plants = not enough light

Temperature Needs

- Germination – Most 65-80F
- After sprouting – 60-70F
- Once seedlings emerge, remove any humidity covers and reduce heat



Watering

- Keep soil moist
- Bottom watering works best
- Use a fan or gentle airflow to strengthen stems

Potting Up

Pot up if roots fill the container

- Transplant into larger pots
- Bury tomatoes deeper to encourage strong roots



Hardening Off

Harden off plants 7-10 days before planting outside to prevent transplant shock

- Start with 1-2 hours outdoors in shade
- Gradually increase sun and wind exposure
- Bring plants inside at night at first
- Avoid cold, windy or rainy days



Let's Get Started!

Questions?