



# WINTER SOWING

Winter sowing is a gardening technique that involves sowing seeds outdoors during the winter months, allowing them to naturally stratify and germinate when conditions are right in the spring.

Winter sowing in containers is a variation of this method where seeds are sown in containers instead of directly in the ground.

## MATERIALS NEEDED:

- Translucent or transparent containers with lids.  
Examples: milk and juice jugs, soda bottles, clear plastic storage bins with clear lids.
- Pre-wetted potting mix
- Seeds
- Watering can or spray bottle
- Labeling supplies
- Utility knife or scissors

## DIRECTIONS:

**1. Select containers.** Choose containers that are transparent or translucent so that sunlight can reach the seeds. The size of the container must allow for a minimum of 3-4" of soil to be in the lower half.

### 2. Prepare containers.

- Clean containers thoroughly.
- Poke drainage holes in the bottom.
- Cut the containers to create a hinged lid, leaving one side attached for easy opening and closing.

If using a storage container, add holes to the lid to allow rain and snow to enter.



**3. Fill containers with potting mix.** Fill each container to a depth of 3-4" with a good-quality potting mix that is pre-wetted, leaving some space at the top for watering.

**4. Sow seeds.** Plant seeds according to the recommended depth on the seed packet. Space them appropriately to allow for growth. Don't overcrowd the seeds.

**5. Water seeds.** Water the soil gently to ensure good seed-to-soil contact. You can use a watering can or a spray bottle to moisten the soil without disturbing the seeds.

**6. Label containers.** Label each container with the type of seeds planted and the date of sowing. This helps you keep track of what is planted.

**7. Close containers.** Close the containers (do not put the original lids back on) by sealing them with tape around the circumference. This helps create a mini-greenhouse effect, trapping warmth and moisture.

**8. Place containers outdoors.** Put the containers in a location with good sunlight exposure. South-facing areas are often ideal. The containers should be placed where they will receive rain and snow throughout the winter.

**9. Monitor moisture.** Check the moisture level periodically and water if the soil feels dry. Avoid overwatering, as excess moisture can lead to mold and damping-off.

**10. Wait for spring.** Allow nature to take its course. As the weather warms in spring, the seeds will naturally germinate, and you'll start to see seedlings emerging.

**11. Transplant seedlings.** Once the seedlings are large enough and the danger of frost has passed, transplant them into your garden or larger pots.

