

Growing Vegetables from Seed – WORKSHOP

<i>Time</i>	<i>Who</i>	<i>Activity</i>	<i>Materials</i>
10:00 AM		Welcome & Introductions Who we are and what is BVSS & SCPA WHS briefing, including site specific information Why grow from seed? - Cheaper to DIY - Easier to plant a little and often with vegetables and avoid a glut and famine cycle - Access to a much bigger range of varieties	
		What we'll be covering Check experience levels of attendees – show of hands. Sowing vegetables in punnets & direct in the ground The basics of potting mix and seed raising mix Rules of thumb of how to plant seeds Tips for good germination What to do once your seed has come up Trouble-shooting	
10:15 AM		What to Sow When Why timing matters - frost hardy or not, length of harvest First and last frost dates locally (May to Sept?) Helpful planting calendars – BV is cool temperate Microclimates & local variations – Bemboka vs Tathra Seed packets usually have sowing information Need longer time from seed than buying punnets	Planting calendar x 5 Resources eg. Gardenate?
10:20 AM		Easiest seed sowing demo Why direct sow? - Faster as no transplant shock - Some varieties don't transplant well, esp. root crops - Easy – no fuss with pots Direct sowing demonstration - Basic ground preparation - How deep do we sow? 2 x diameter - Watering? Keep seed moist. More challenging for seeds very near the surface	Seeds – big easy ones eg. beans Available bed space (check with Claude)

Growing Vegetables from Seed – WORKSHOP

10:30 AM		Sowing seeds into punnets (& demo) Why choose to sow in punnets? - Early start when too cold outside - Keeping close eye on it - Easier watering management - Start before garden bed is ready (empty) - Seed raising mix – why do you need one? - Can you make your own mix at home? How is seed raising mix different to potting mix? (eg. Light compost and washed sand, sieved) - What to plant into? Punnets, trays, egg cartons, paper pots, coir pots, plastic pots. Pros and cons. - Labels - Broadcasting densely vs sowing seeds individually. What are the pros & cons? - How deep do you need to sow seeds? - Watering punnets without disturbing seeds (mist or dunk)	Seed raising mix Punnets Seeds – various Labels Watering options - tote - watering nozzle
10:35 AM		Hands on activity – sow seeds into punnets	Seed raising mix Punnets Seeds – various Labels Watering options
10:55 AM		Break – 15 minutes	
11:10 AM		Tips to get the best germination - Seed viability. Check expiry dates. Storage matters. - Light & heat & water requirements - Where to put punnets? Not on the ground. - Easy home options to create ideal conditions - When should you see your seedlings? How long will it take? - When do I know there is a problem? Any questions?	
11:15 AM		You have little seedlings. Now what? (& demo) - What is 'pricking out'? - Why and when do you do it?	Pots Potting mix

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		<ul style="list-style-type: none"> - Potting mix – what is it? what goes in it? Fertiliser or regular liquid feeds if not used - Pots vs punnets – how do you know which one to use? what size? - How to identify seedlings at “pricking out” stage that are unlikely to thrive. - When do you pot up rather than just plant the seedling straight into the garden? (Beds not ready, too cold, pest pressure) 	<p>Labels</p> <p>Tools – sticks?</p> <p>Seedlings at first true leaf stage</p>
11:25 AM		Hands on activity – Prick out and pot up seedlings into pots	<p>Pots</p> <p>Potting mix</p> <p>Labels</p> <p>Tools – sticks?</p> <p>Seedlings at first true leaf stage</p>
11:45 AM		<p>Q & A</p> <ul style="list-style-type: none"> - When should seedlings be watered/how often/how deeply? - When do we know the seedlings are ready to go out in the garden? What size do they need to be? - Do we need to “harden off” seedlings before they go out? What does that mean? How do we do that? <p>Any other questions?</p>	
12 noon		Pack up and go home	

All attendees should go home with a punnet of seed they've sown and a pot with something they've pricked out and potted up.