

Growing Vegetables from Seed Workshop

Follow Up Care

General instructions for seedling care:

- Place covered under lights until seeds germinate.
- Take out of plastic bag as soon as seeds begin to germinate.
- Do not allow potting mix to dry out! Check about every other day to see if watering is needed. Water gently with a watering can – allow excess water to drain away
- Seedlings will be ready to transplant into cell packs or small pots 7-10 days after germination, or as soon as true leaves appear.
- After transplanting, start applying a weak solution of liquid fertilizer (e.g. MiracleGro, fish emulsion or compost tea) every other time you water.
- Young plants will be ready to plant in the garden or into larger containers when roots start to grow out of the bottom of the cells and plants are 4-6" tall, approximately 4 weeks after transplanting.

Seeds sown:

Collards – *Brassica oleracea* var. *acephala* ‘Georgia Southern’ A traditional southern crop related to cabbage and other cole crops that performs well in warm and cold weather and other fickle conditions in the southeast.

- Seeds germinate in 5-14 days.
- Transplant into garden mid. Feb.- June, seeds and transplants Aug.-Sep. Space 12-18 inches apart for harvesting larger outer leaves when 10-12 in long. Space at 6-8 inches for harvesting at 6-8 in. height

Lettuce – *Lactuca sativa* ‘Red Ruby’ or ‘Salad Bowl’. Best harvested by cutting. Performs well in containers

- Seeds germinate in 3-5 days. Seeds will not germinate above 80° F Plant seeds or transplants Feb-Apr, Aug-Sep.
- Transplant when plants have 4-6 true leaves and a well-developed root system. Space 2-3 in. apart for harvesting by clipping, or 8 in. apart to harvest loose heads.
- Leaves can be harvested at any time. Picking outer leaves encourages inner leaves’ growth. As temperatures warm, lettuce may bolt (produce flowers), causing leaves to taste bitter.
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Swiss Chard (optional) – *Beta vulgaris* var. *cicla* ‘Rainbow’. A type of beet bred for leaf quality rather than large storage roots. Leaf blade and mid-rib edible and flavorful.

- Seeds germinate in 5-10 days
- Transplant (or direct seed) into garden March-April (or Aug.-Sept), spaced 8-10 inches apart.
- Thrive in well-drained soil and full sun (8-10 hours).
- Cut outer leaves when they are young and tender, 8-12 in. long, but can be picked at any time before then. Inner leaves will grow for a subsequent harvest.

General instructions for care of transplants:

- Water when you cannot squeeze water out of the top ½ in. of media
- Fertilize with a weak solution (1/2 recommended rate) of liquid fertilizer every other time you water.
- Transplants are ready to transplant into the garden or large containers when roots start growing out of the bottom of the pots and plants are 4”-5” tall (in approximately 4 weeks).

Seedlings Transplanted

Cabbage – *Brassica oleracea* var. *capitata* ‘Early Jersey Wakefield’. An ancient crop in the mustard family (Brassicaceae a.k.a Cruciferae) that has been cultivated for at least 3,000 years. Thrive in cooler temperatures, best at 60-65°F, and tolerating as low as 20°F

- Transplant into garden mid. Feb.- June, seeds and transplants Aug.-Sep. Space 12-18 inches apart for harvesting larger outer leaves when 10-12 in long. Space at 6-8 inches for harvesting at 6-8 in. height
- Space to 12-18 in. apart in rows. Should reach mature head size in about two months.

Review slides and additional Extension resources:

go.ncsu.edu/veggieseedresources

Gardening questions? Contact your local N.C. Cooperative Extension center to speak to an Extension Master Gardener VolunteerSM. In Chatham County, EMG Volunteers are available to answer your questions Monday & Wednesday 1:00 – 4:00 pm, Friday 9:00am-12:00pm

- Call 919-545-2715
- Email chathamemgv@gmail.com
- Visit – N.C. Cooperative Extension, Chatham County Center is located in the west end of the Chatham County Agriculture and Conference Center, 1192 US 64W Business, Pittsboro

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