



GARDENING CORNER

How to Sow Seeds Indoors!



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How to sow seeds indoors

Sowing seeds of flowers and vegetables is easy. Find out how to sow seeds in pots indoors, in our guide.

By [BBC Gardeners' World Magazine](#)

Follow our step-by-step guide to sowing seed indoors, below.

You Will Need

- Seeds
- Multi-purpose, peat-free compost
- Seed trays or pots
- Plant labels
- Pencil or waterproof pen
- Watering can with rose attachment
- Polythene bag
- Sheet of glass, or a propagator

Step 1

Fill small pots or seed trays with compost. Use a watering can fitted with a fine rose to thoroughly wet the compost, and leave to drain.



How to sow seeds indoors – watering the compost

Step 2

Sprinkle seeds evenly and thinly over the surface of the compost, leaving approx 2cm – 3cm between each one, if possible. Some seed is very small, making this impossible. Cover seeds with a thin layer of compost, about the same depth as the size of the seed (the smaller the seed, the thinner the layer of compost).



How to sow seeds indoors – sowing the seed

Step 3

Cover the pot with a clear polythene bag or piece of glass or clear plastic, to maintain an even temperature for germination, and keep the compost moist. Place the pot of seeds on a well-lit windowsill or in a heated propagator.



How to sow seeds indoors – covering the pots with a plastic bag

Step 4

Remove the plastic or glass cover as soon as the seeds have germinated and you can see the seedlings growing out of the compost. Grow them on in a warm place indoors – if growing them on a windowsill you may need to move them at night as temperatures can drop dramatically. The young plants will be ready to be ‘pricked’ out when the second pair of leaves, known as ‘true’ leaves, emerges.



How to sow seeds indoors – seedlings growing in pots

Step 5

When pricking out seedlings, handle them only by their leaves, not the stem. Fill a seed tray with compost and plant seedlings about 5cm apart, burying the seedling up to the base of the first set of leaves.



How to sow seeds indoors – pricking out seedlings

Step 6

After a couple of weeks, the young plants will be large enough to pot individually into 7.5cm pots, or planted outside in well-prepared soil. Handle plants gently, firm compost around them and water well. Don't allow the soil or compost to dry out.

