

# Planting Seeds

As you learned on page 7, planting seeds is the first step to starting the plant cycle. There are a few ways that you can plant seeds.

## Direct Sowing

Direct sowing means planting seeds directly in your grow bag, a container outside, or a raised bed garden. This way of planting seeds is necessary for root vegetables that grow underground like carrots, beets, onions, and potatoes. It's also necessary for plants that don't like to be transplanted, or moved from a smaller container where they first started growing to a larger container where they will continue to grow.

To direct sow, follow the directions on the back of your seed packet. Watch a video about how and why to direct sow seeds at [bit.ly/3i0wuZs](https://bit.ly/3i0wuZs) or by scanning the QR code.



**You can direct sow the following plants:**

- |            |            |            |            |               |
|------------|------------|------------|------------|---------------|
| • Arugula  | • Cabbage  | • Collards | • Onion    | • Radish      |
| • Beets    | • Carrots  | • Dill     | • Parsley  | • Spinach     |
| • Bok choy | • Chard    | • Kale     | • Peas     | • Swiss Chard |
| • Broccoli | • Cilantro | • Mizuna   | • Purslane |               |

## Broadcasting – a type of direct sowing

Broadcast sowing is an easy way to plan a large number of very small or small seeds. You can broadcast sow beets, carrots, herbs, lettuce, and some other greens. After your seeds sprout, you will need to thin them.

Watch a video about how to broadcast seeds at [bit.ly/3l1zlvB](https://bit.ly/3l1zlvB) or by scanning the QR code.

