




Transplant Growing Guide

Use this guide to help make your indoor seed starting decisions. The varieties listed on this chart are among the most popular that can be started as a transplant, then planted outdoors at the appropriate time. It is broken into 3 stages: Germination, True Leaf, and Transplant.

Soil: Many seeds can be started in smaller containers, then potted up into the size container indicated on this chart. If the time guidelines are followed, a well-balanced organic potting mix should provide all the nutrition the seedlings need until transplant time.

Water: Keep seeds at the recommended moisture level when they are first getting started. At the seedling stage, water seedlings very well and let soil dry out a bit between waterings.

Light: Make sure there is direct light for growing transplants. Use supplemental light when growing indoors.

	GERMINATION					TRUE LEAF			SEEDLING			Total Time
	<i>First root formation and cotyledon emergence.</i>					<i>Emergence of first true leaves.</i>			<i>Growth of true leaves and maturation of seedling.</i>			
	Depth	Cover	Temp (F)	Moisture	Days	Temp (F)	Moisture	Days	Min. Container Size Per Plant	Temp (F)	Transplant (relative to last frost)	
Heat Tolerant Crops												
Tomatoes	¼ inch	yes	75-80	Moderate	3-4	72-75	Drier	10	2.5 x 2.5 x 2	65-75	1-3 weeks after	6-7 weeks
Peppers	¼ inch	yes	75-80	Moderate	4-6	75-80	Drier	14	2.5 x 2.5 x 2	65-75	1-3 weeks after	7-8 weeks
Eggplant	¼ inch	yes	75-80	Moderate	4-6	72-75	Drier	14	2.5 x 2.5 x 2	65-75	1-3 weeks after	6-8 weeks
Cucumber*	½ inch	yes	75-80	Moderate	2-3	72-75	Drier	7-10	1.5 x 2 x 2	65-75	1-3 weeks after	4 weeks
Summer Squash*	1 inch	yes	75-80	Moderate	4-5	75-78	Moderate	7	1.5 x 2 x 2	65-75	2-3 weeks after	5 weeks
Winter Squash*	1 inch	yes	75-80	Moderate	2-4	75-80	Drier	7	1.5 x 2 x 2	65-75	2-3 weeks after	3.5 weeks
Watermelon*	½ inch	yes	78-82	Drier	2-4	75-80	Drier	8-12	1.5 x 2 x 2	65-75	1-2 weeks after	5-6 weeks
Melons*	½ inch	yes	75-80	Moderate	2-4	75-80	Drier	7-10	1.5 x 2 x 2	65-75	1-2 weeks after	5 weeks
Basil**	¼ inch	yes	65-70	Wet	2-4	65-70	Moderate	7-10	1.5 x 2 x 2	65-75	2 weeks after	5-6 weeks
Zinnia	½ inch	yes	65-70	Drier	2-3	65-70	Drier	7-10	1.5 x 2 x 2	65-75	1-2 weeks after	4-5 weeks
Cold Tolerant Crops												
Broccoli**	½ inch	yes	68-75	Moderate	3	65-70	Drier	8-10	1.5 x 2 x 2	60-70	2 weeks before	6 weeks
Kale**	½ inch	yes	68-75	Moderate	3-4	65-70	Drier	8-10	1.5 x 2 x 2	60-70	4 weeks before	6 weeks
Cabbage**	½ inch	yes	68-75	Moderate	3-4	65-70	Drier	8-10	1.5 x 2 x 2	60-70	2 weeks before	6 weeks
Onions* ***	½ inch	lightly	70-75	Moderate	5-7	70-75	Moderate	14	2.5 x 2.5 x 2	60-70	4 weeks before	10 weeks
Chard**	½ inch	yes	75-80	Moderate	5-7	65-70	Moderate	10-12	1.5 x 2 x 2	60-70	2 weeks before	6-7 weeks
Lettuce	½ inch	lightly	65-70	Moderate	3-4	65-70	Moderate	10	1.25 x 1.25 x 2	60-70	2-3 weeks before	5 weeks
Celery	¼ inch	yes	70-75	Wet	5-7	70-75	Wet	14	1.5 x 2 x 2	60-70	0-2 weeks after	9-10 weeks

*These varieties do not like their roots disturbed and should be started directly in the container they will stay in until transplant.

***Can seed 3-10 onion seeds per container.

**These varieties can be succession sown several times through the season. The dates here are the earliest they should be started.