



## How do I grow plants from seeds?

1. Water your soil well before planting.
2. Start seeds in a container 3-4 inches deep.
3. Pre-soak large seeds.
4. Keep your seedlings warm and moist after planting.

Read the complete list of tips at <https://foodhero.org/healthy-food/what-are-some-things-i-should-know-about-planting-seeds>