

# Native Plant Project

## The Advantages of Winter Sowing

### A) WHY WINTER SOW?

- 🌱 It is simple to do.
- 🌱 It's efficient and cost effective.  
You do not have to run grow lights for weeks at a time when starting seeds indoors or invest in a lot of expensive equipment. It doesn't have to cost an arm and a leg.
- 🌱 Winter sown seedlings are hardier!  
Don't need to worry about having leggy seedlings because they are planted and grown outdoors.
- 🌱 No need to harden off the seedlings as they are already acclimated to outdoor conditions.  
They are ready to plant whenever the outside temperature has sufficiently warmed and they are the right size (2-3" or 2 sets of real leaves)
- 🌱 No grow lights  
Allows someone who doesn't have the room, a grow light setup, nor the window space available indoors to start seeds successfully.
- 🌱 Prevents seeds from being washed away or eaten.
- 🌱 It gives you something to do gardening-wise during winter/early spring.

### B) WHAT CAN YOU WINTERSOW?

Seeds - Annuals, perennials, herbs, veggies, shrubs, anything except tropicals!  
Timeline: Generally, start after the winter solstice (December 21-March 21)

### C) SEED PLANTING/GERMINATION NEEDS – NATURE TAKES OVER

Cold stratification - 4-6 weeks of cold exposure  
Scarification needs – Exposure to snow/rain  
Seed planting depth requirements  
Light or dark germination requirements  
Ignore seed packet instructions/info - when to sow, seed spacing, germination rates etc

### D) MATERIALS

- a) **Record Book – Numbering/Labeling system for each container**, other details as desired
- b) **Cutting Materials** for containers and drainage holes, holes for rain  
Scissors, drill + ¼” or ½” drill bit, soldering iron etc
- c) **Duct Tape (1-2”)**, **plastic plant labels**, **paint marker pens**, **graphite pencils**  
No to ball-point pens, Sharpies – very disappear during the winter

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### d) Potting Soil

Use the brand that you love and use larger bag of soil costs less per quart or pound. **Black and Gold All Purpose**, reported good success w/ Miracle Grow Potting Soil Did not have good luck w/ Promix (why ??)

Avoid cheap dollar store soils, they are inconsistent with success.

- ***No to potting soils with high NPK fertilizer, hydrating additives***
  - Miracle Gro potting soil: NPK 0.21-0.11-0.16
  - *Read the label to determine the fertilizer strength in the potting soil i*
- ***Avoid seeding soil and no to adding vermiculite and/or perlite to soil***
- ***Avoid potting soil that say they are 'Weed Free'***
  - *Contain chemicals mixed into soil to prevent any weed seeds in that potting soil from germinating.*
  - *Prevents the germination of the seeds you sow in that same soil.*

### e) Chick Grit (Starter Chicken Grit) – inert fine marble chips

Helps w/ moisture retention, helps prevent fungal/bacterial growth and Damping Off

- No to Medicated Chick Grit Chick Grit w/ probiotics
  - Risk ofn cause mold or fungal growth
- Avoid oyster shell chips – not the same.

**Use play sand or horticultural sand sparingly** – risk of fungal or mold growth

### f) Pots and Containers – Not confined to using Milk/Water Jugs!

- *Milk-jugs (½ or 1 gallon), aluminum roasting tin/lid, 6 inch disposable garden pots, 1 or 2 liter clear or green soda bottles), seed starter trays (minus 6-pk inserts), plastic cat litter container, juice containers, English toffee jar, rotisserie chicken container, salad container, yoghurt pots, etc etc.*
- Cover for garden pots - “greenhouse”
  - Ziploc bags, plastic bags, clear/brown disposable garden pots, aluminum foil etc
- **How big?**
  - “Bottom” Need to hold 3-4” of potting soil
  - “Top” - Ventilation with headroom for seedlings to sprout and grow
- **Making Holes and with what?**
  - Holes for drainage in the bottom
  - Holes for rain/snow to get in the top
  - Soldering iron (\$6 Amazon), drill with ¼” drill bit, kitchen scissors

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### Seeds available to Sow at Workshop

1. Butterfly Weed
2. Meadow Beauty
3. White Wood Aster
4. New England Aster
5. Anise Hyssop
6. Swamp Milkweed
7. Boneset
8. Coastal Joe Pye Weed
9. Swamp Rose Mallow
10. Cardinal Flower
11. Great Blue Lobelia
12. New York Ironweed
13. Virginia Bluebell

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## Winter Sowing Instructions Planting Guide

**Winter Project** – takes advantage of cold winter weather, seeds germinate in spring as nature intended- grow annuals, perennials, veggies, shrubs, trees - natives, heirloom varieties, new and/or rare varieties



If possible, plan ahead **create a Seed Library** –use seed over multiple years. Store seed packets in refrigerator, control exposure to moisture – use sealed container and dessicant

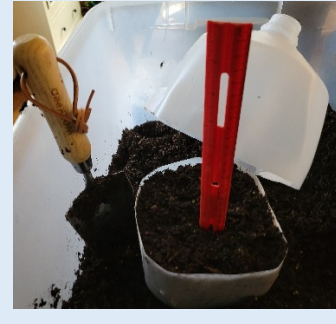


**Gather Supplies and “Make Pots”** – Make drainage holes and ventilation holes. *Bottles need a hinge to help reform and seal container*



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**Potting Soil:** Add to depth of 3-4 Inches, lightly tap soil to settle, add extra soil if needed  
*Do not use seed starting soil not enough nutrients to sustain seedling growth*



**Sow seeds:** *Info on seed packet– attn to planting depth/light requirement. Ignore when to sow*



Thomas Jefferson noted the planting of seeds of "Cockscomb, a flower like the Prince's feathers" in 1819. He may have been referring to the crested form of Celosia with its strange scarlet combs that are furrowed and lobed. Still today, the shockingly gaudy flowers of the Cockscomb delight visitors to Monticello.

Direct sow seeds outdoors after the last spring frost in fertile, well-drained garden soil. Alternatively, start seeds indoors six weeks before last frost, then harden off and transplant outdoors after last frost. Approximately 20-75 seeds per packet.

Species	Planting Method	Planting Depth	Plant Spacing	Soil at Planting	Trans. Method
1st Year Cockscomb	Direct Sow	1/2"	6"-2'	1/2"-1"	Direct Sow

The seeds in this packet were harvested from plants grown in the Monticello garden and stored and packaged by the gardening staff. By purchasing this seed you are helping to support the non-profit Thomas Jefferson Foundation's mission of preservation and education.

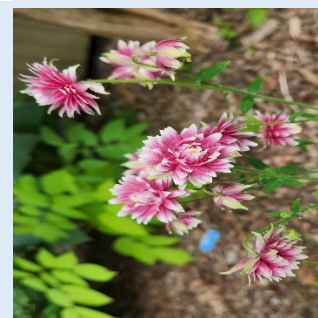
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a) Cover soil lightly with Chick Grit (1-3 "grains" deep). b) tap soil to make contact seed  
 c) add label (use paint pen or graphite pencil) d) spray with water to dampen soil, seeds, chick grit  
 e) Seal container with duct tape f) label outside of container



Place outside in shade (avoid direct sunlight) to minimize water evaporation. Container should have access to the elements (rain, snow, cold etc). Move to sunnier spot once seedling emerge



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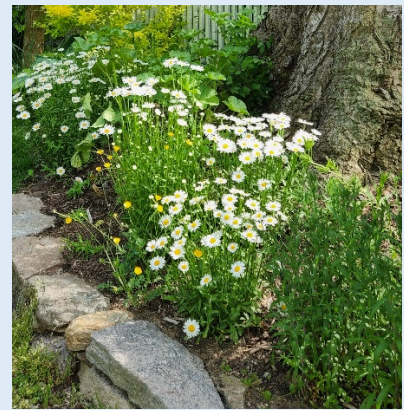
Winter Sowing – It Worked !!! May 21, 2022



Larkspur Smokey Eyes 4/04

Larkspur Smokey Eyes 5/02

Shasta Daisies



Lupine

Danish Flag Poppy

Spotted Bee Balm 5/02

