Sowing Seeds for the Greenhouse

1. Fill seed modules or pots: sprinkle compost until the pots are slightly over full.

2. Tap, tap, tap the pots: to get rid of air gaps then wipe off any excess compost.

3. Make a seed hole: use a dibber or your finger to make a hole to correct depth.

4. Hold seeds in a seed cup: to keep seeds safe.

5. Pick up seeds with pinchy fingers: just a few seeds at a time.

6. Sow the seeds: drop one or two into each hole.

7. Cover the seeds: sprinkle compost over the seeds to fill the hole.

8. Water and label: carefully until soil is soaked. Add a label with the plant name and date.

Top Tip: Make the seed hole twice as deep as the seed is big!