

# How to prepare plants and grow from seed

In an ebb and flow system, it is possible to sprinkle the seeds on the hydroton and wait for seedlings (the birds will be waiting too). However, a higher rate success rate is more likely when using a seeding material.



Horticubes, a small oasis-like material for seed sprouting, or rock wool cubes are very good seedings materials used for seed sprouting, planting and growing in gravel.

Some seeds are more successfully sprouted indoors and then transplanted outdoors when they have started to produce leaves. Indoors provides a much more controlled environment for hard to sprout seeds where it is easier to control temperature, moisture and fertility. Growing seeds inside also means being able to get a jump start on the season. This means that more mature seedlings can be planted as soon as the weather is right. Plants that do with being moved are broccoli, Brussels sprouts, cabbage, cauliflower, celery, eggplant, leeks, onions, parsley, peppers, and tomatoes.

However, some vegetables do not like to be transplanted. Generally, these are root vegetables, such as carrots, beets, turnips and parsnips. Other more delicate plants include corn, beans, and peas.