



The First 30 Days

*A seedling mini guide,
from germination to transplant*



grown with love

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What to do first

Read this whole guide once before a single seed gets wet. Then gather your supplies and follow week by week. The first 30 days decide the whole season. Get these right and the plant does the rest.

Gather these first

- ◆ Seeds, stored cool and dry until today
- ◆ A clean glass and room temp water
- ◆ Paper towels and a small bag or container with a lid
- ◆ Seedling mix, light and gentle (see the soil guide)
- ◆ Small cups or pots with drainage holes
- ◆ A light you can keep on 18 hours a day
- ◆ A spray bottle for gentle watering
- ◆ A small fan for soft air movement

Your roadmap

1. Germinate your seeds (page 3). This takes 2 to 7 days.
2. Meet your seedling and learn to water her right (pages 4 and 5).
3. Give her light and warmth (page 6).
4. Follow the week by week chart (page 7).
5. Transplant her into a bigger home (page 8).
6. Read the early mistakes so you can skip them (page 9).



Germination, step by step

A seed wants three things: moisture, warmth, and darkness. Give her those and she wakes up.

1. Soak the seed in a glass of room temp water for 12 to 24 hours.
2. Move it to a damp paper towel, folded over, inside a loosely closed bag or container.
3. Keep it warm and dark. 70 to 80 degrees is perfect.
4. Check daily. When the taproot is a quarter inch long, she is ready to plant.
5. Plant taproot down, a quarter inch deep, in moist seedling mix. Cover gently.
6. Water lightly and wait. She will break the surface in 2 to 7 days.

Good to know

- ◆ Damp means like a wrung out sponge, never dripping.
- ◆ On top of the fridge or near a warm light is often warm enough.
- ◆ If a seed has not cracked in 7 days, start a fresh one.



First leaves

Two round leaves come first. Those are the cotyledons, lunch packed by the seed. Then the true leaves arrive, jagged and unmistakable.

Once you see two sets of true leaves, she is officially a seedling and the real growing begins.

How to tell them apart

- ◆ Cotyledons: round, smooth, always come in a pair. They feed the sprout, then yellow and fall off. That is normal.
- ◆ True leaves: jagged edges, the classic shape. Each new set grows bigger than the last.
- ◆ Count sets of true leaves to track her age. Two sets means she is established.

Hands off

Touch the leaves as little as you can. The tiny hairs and oils on young leaves are easy to damage. Look with your eyes, water with care.



Watering without drowning her

Overwatering ends more seedlings than anything else. Small roots, small drinks.

- ◆ Water in a ring around the seedling, not on the stem. This pulls roots outward.
- ◆ Let the top of the soil dry before you water again.
- ◆ Lift the cup. Light means thirsty. Heavy means wait.
- ◆ No nutrients yet. Plain water is plenty for the first two weeks.

The lift test

1. Right after watering, lift the cup. Feel that weight. That is full.
2. Lift it again every day. When it feels clearly lighter, it is time to water.
3. In a few days your hands will know before your eyes do.



Light and warmth

- ◆ 18 hours of light a day keeps her growing strong.
- ◆ Keep lights close enough that she does not stretch, far enough that leaves stay cool.
- ◆ 70 to 80 degrees by day, a little cooler at night.
- ◆ A gentle fan makes stems sturdy. Keep it soft, not blasting.

Your targets at a glance

Light each day	18 hours on, 6 hours off
Day temp	70 to 80 degrees
Night temp	A little cooler than day
Air	Soft movement, leaves barely trembling

Watch for stretching

If the stem grows tall and thin with big gaps between leaves, the light is too far away. Move it closer a little at a time. Stretchy stems never fully recover, so catch it early.



Week by week

Every plant sets her own pace. This chart shows what is typical, so you know what to watch for and what to do.

Week 1

You will see: The taproot grows, then the sprout breaks the surface.

You do: Keep seeds warm and dark until they sprout. Then give light.

Week 2

You will see: Cotyledons open. The first true leaves appear.

You do: Water lightly in a ring. 18 hours of light. No nutrients.

Week 3

You will see: True leaves grow bigger. The seedling stands strong.

You do: Keep the gentle fan on. Let the soil dry between waterings.

Week 4

You will see: Fast growth. Roots may reach the cup edges.

You do: Watch for transplant signs. Still plain water unless she asks for more.



When and how to transplant

She is ready for a bigger home when roots peek out of the drainage holes or her leaves reach past the cup edge.

1. Water her an hour before so the soil holds together.
2. Squeeze the cup gently and slide the root ball out in one piece.
3. Set her at the same depth in the new pot. Burying the stem invites rot.
4. Fill around her with fresh mix and press lightly, no stomping.
5. Water her in well and give her a calm day. No heavy training yet.

After the move

- ◆ She may rest for a day or two. That is normal.
- ◆ Keep light and water steady while she settles.
- ◆ New growth means she has forgiven you. It usually takes 3 to 5 days.



Early mistakes to skip

Every grower makes these once. Read them now and you get to skip the tuition.

- ◆ Drowning her with love. More seedlings die from too much water than too little.
- ◆ Feeding too soon. Rich food burns tiny roots. Wait until she asks.
- ◆ Light too far away. Stretchy stems never fully recover.
- ◆ Rough handling. Touch the leaves as little as you can.
- ◆ Impatience. She grows on her own clock. Watch and learn it.

You just got a plant through her most fragile month. That is real growing. The rest of the season is just more of this, bigger.