

How to Cold Stratify Seeds



Growing Instructions

How to Cold Stratify Seeds

In order for seeds to germinate, they need to experience colder temperatures as they would if they were to go through a real winter. Because of this need, you will have to simulate winter using your refrigerator.



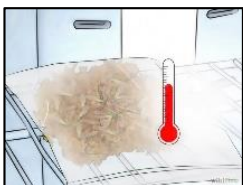
Step 1: Soak the seeds in warm water as prescribed on the label. Use luke warm water for soaking the seeds. Water should be luke warm only at the beginning.

Step 2: Fill a plastic bag with growing material like cocopeat or normal garden soil in a small, plastic, zip-locked bag. You can also use any sealable jar with a lid, or a box. For best results, use sterile material and handle it with disposable gloves to avoid introducing fungus.



Step 3: Add a little water. Add a couple drops of water to the growing material to dampen the material slightly. If you see standing water, or if you can squeeze out water from the material, it is too wet.

Step 4: Add the seeds and close the bag. You can place up to 20 or 30 seeds in each bag. Starting from the base, roll the bag to expel most of the air. Zip it closed.



Step 5: Now it's time to "stratify" the seeds. Store in the refrigerator. The ideal temperature is usually around 1 – 5°C (33.8 – 41°F). The milk packet tray just below the freezer of a refrigerator is usually about this temperature.

Step 6: Leave them for the no. of weeks mentioned on the item label, checking every week or two. If you notice condensation, pick up the bag and gently tap it to knock the water droplets off. Lay the bag back down on the opposite side, so the wet seeds have a chance to dry off.



Step 7: After the prescribed weeks have passed remove the seeds and sow them as normal seeds in your garden. You can also use root trainer initially and later shift them to your actual garden.

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Thank you &
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