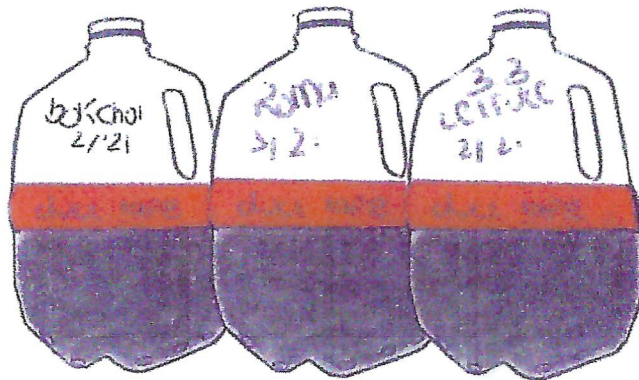


Winter Sowing Handbook

by Sheryl Mann



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WINTER SOWING METHOD



Winter Sowing (Vegetable Gardening with Sheryl Mann)
Click [Here](#)



Youtube.com/JuicingGardener videos
Click [Here](#)



What you need to grow your seedlings outdoors:



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infographic by @deargardendary_reno 

01

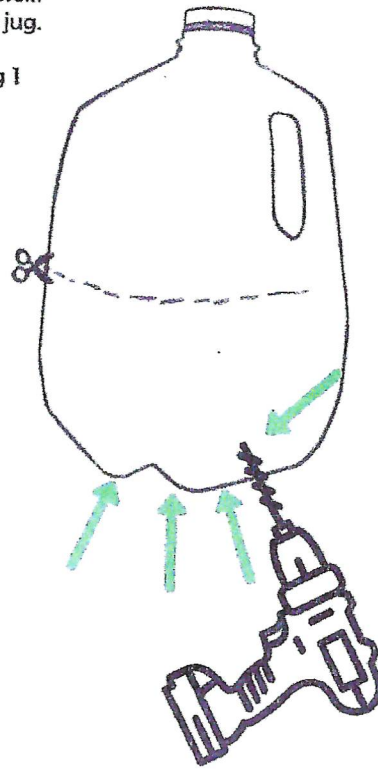
Prep The Jug

Create drainage at the bottom and the bottom side of the jug.

Cut the jug around, leaving 1 inch uncut as a hinge.

Pro Tips

- The jug does not need any extra ventilation on top
- Cap is not needed either, recycle caps
- Use sharp scissors, utility knife or jig saw to cut the jug around the middle leaving a 1" hinge uncut
- Drill 4-6 holes on the bottom and 1-2 lower side holes (3/8 to 1/4 inch holes)
- Make sure you drill/make the holes BEFORE you cut the containers! It's much easier that way.



infocanbir by @dearnardandian nana

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02

Start to Seed

Fill the jug with moist potting soil/mix

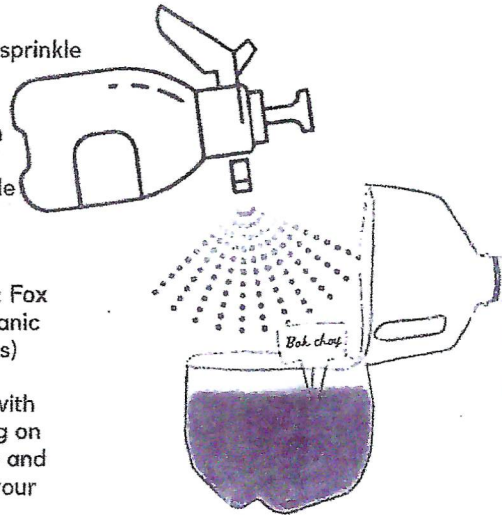
Press the seeds gently, sprinkle with soil lightly

Spray the surface again

Place the plant tag inside

Pro Tip

- Use good quality potting soil (ie: Fox Farm Happy Frog, Promix... organic is always best for food seedlings)
- You can get 45-65+ jugs filled with one 2 cubic feet bag, depending on how big and deep your jugs are and how deep you add your soil to your jugs. 4-6 inches is rec'd
- Never use seed starting mix
- Do not follow seed pack instructions
- How many seeds per jug? It depends. **Check this playlist!**



How many seeds per Jug?
[Click Here](#)

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03 Finishing Touch

Shut the jug using duct tape leaving no gaps.

Mark the jug with plant information

Pro Tips

- Painter tape, packing tape, masking tape are too flimsy
- Gorilla tape may be too stiff
- Duct tape is easy to apply and to remove, and is economically cheaper
- Sharpies / permanent markers won't last in the outside elements
- Paint pen, garden marker or grease pen (china marker) are best to use



Check out the FAQ



Winter Sowing FAQs
Click [Here](#)

information by @deseasonalmethod on Instagram

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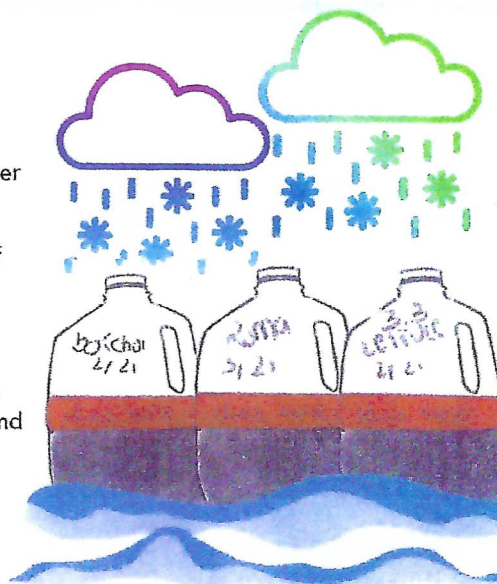
04 After Care

Place them outside in a sunny spot

Let the snow and rain enter the top hole

Leave them alone! Even if the temperature drops as long as nothing has sprouted.

Water them only when no condensation is present and jugs are light to lift



Pro tip

If you can grow food where you live, you can do the Winter Sowing Method in jugs to grow your seedlings.

Cold or Hot.

Rainy or dry.

Windy or still.

High elevation or low.

No exceptions.

~Sheryl Mann~



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05

The Big Reveal

BEWARE of late frosts! If you may be getting a late frost or freeze on seedlings, throw a blanket over them for the night.

In spring AFTER your seedlings are full grown, un-tape and open them to harden them the last bit further. Don't transplant til all risks of frost are over!

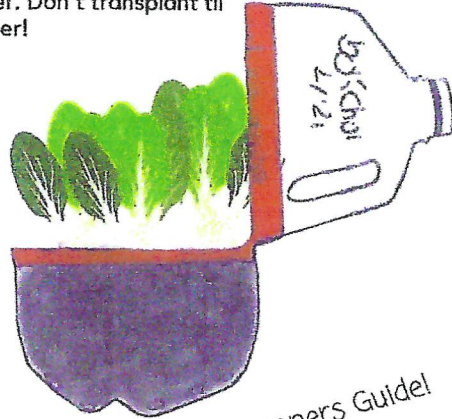
Pro tips

Don't take the jugs indoors. Shelter them under the blanket outdoors, but only if seeds have sprouted and freeze is coming.

Do not use plastic cover or put the cap back on.

When its time to transplant, take the soil all around the roots with them or if you want to separate them, you can water them and it will help separate the roots. Transplant late day or in shade to protect. Water well.

Your newly transplanted seedlings might have transplant shock. They will perk back up within 24-48 hours.



Check out the Group Beginners Guide!



Winter Sowing Beginners Guide
Click [Here](#)

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