

# SOW A HERB WINDOWSILL

Here's a brief guide on how to sow herbs from seed on a bright windowsill! It doesn't need to be hot and sunny, just as long as there is light.

## **Select Quality Seeds**

Choose high-quality herb seeds from a reputable source (such as Millbrook!). Consider the specific varieties you want to grow. Basil, parsley, chives, or mint are perfect to use in cooking.

## **Seed Starting Containers**

Use small seed trays or individual pots with good drainage. Fill them with a seed-starting mix, which is lighter than regular potting soil and provides optimal conditions for germination.

## **Sowing Seeds**

Follow the recommended planting depth on the seed packet. Generally, herb seeds are planted at a shallow depth. Mist the soil with water and cover the trays or pots with a plastic cover or wrap to create a humid environment.

## **Bright Light**

Place the seed containers on a bright windowsill or under a grow light. Herbs typically require 4-6 hours of sunlight daily for optimal growth. Once the seedlings emerge, remove the plastic cover.

## **Watering**

Keep the soil consistently moist but not waterlogged. Use a spray bottle or a gentle watering can to avoid disturbing the delicate seedlings. Water from the bottom if possible.

## **Transplanting**

Once the seedlings have developed a few sets of true leaves and are sturdy enough, transplant them into individual pots with standard potting mix.

## **Care and Harvest**

Continue to provide adequate sunlight, water when the soil surface feels dry, and fertilize with a diluted, balanced liquid fertilizer. Harvest herbs regularly once they reach a sufficient size, pinching back the growing tips to encourage bushy growth.

By growing herbs from seeds, you have the satisfaction of nurturing them from the very beginning and enjoying a continuous supply of fresh herbs for your kitchen.