

AN ESSENTIAL LIST OF

SEEDLING HEALTH: INDICATORS TO LOOK FOR WHEN GROWING OR BUYING

Stressed seedlings never become the plants they could have been if they had not been stunted by poor watering practices (too dry, too wet), lack of nutrients, or from becoming root-bound.

Whether you are leaving it to the pros to start seedlings or are giving it a go in your house, because it's not rocket science: learn what to look for in the following slides.

DISCOLOURED LEAVES

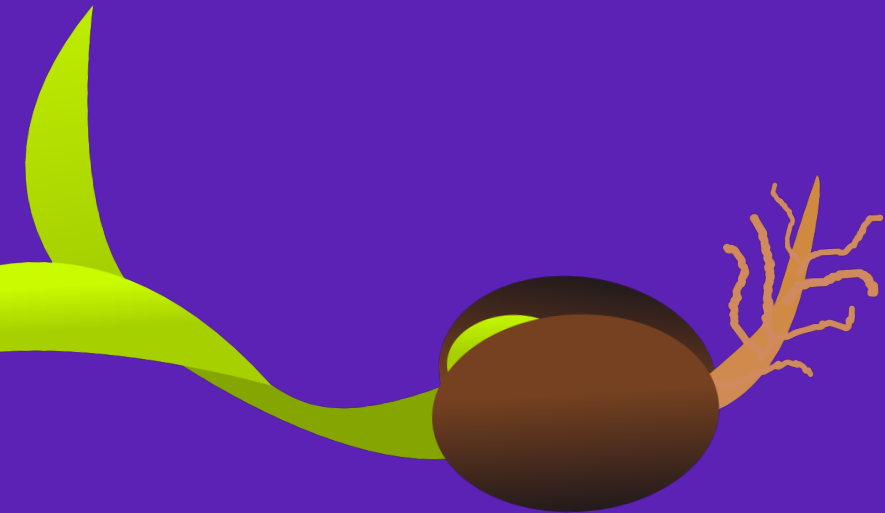
Young plants should not have any discoloured leaves (other than some lettuce varieties & seed leaves that fall off once true leaves are established.)

When lower leaves turn pale yellow, orange or purple - plant has had to send nutrients from older leaves to new shoots resulting in a lower production of photosynthesis.

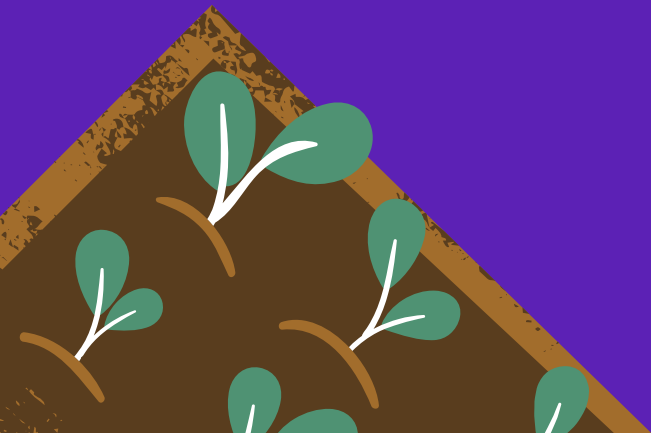


ROOT BOUND PLANTS

Root bound seedlings have roots coming out the bottom of pots. 1-2 roots poking out is fine, a 'beard' proves the seedling should have been potted-up sooner and will struggle to get established in soil and maybe remain stunted. If you pull your seedling out you will also see matted roots along the sides and bottom of the container.



LOCAL GROWERS WILL BE OFFERING A DIVERSITY OF CULTIVARS FOR SALE RIGHT HERE, IN REVELSTOKE



We are lucky in Revelstoke to have many talented growers who will offer healthy transplants in the coming months. Let's aim to keep our business in town and support our local growers who have been starting seeds for the past couple of months and baby-sitting them for us. If you started them at home: great! You even have the luxury of a back-up plan if something goes awry ;)



IN A FEW WEEKS, WHEN SELECTING SEEDLINGS TO BUY:

CHOOSE THE YOUNGEST, GREENEST, HAPPIEST LOOKING SEEDLINGS ON OFFER. IF THERE ARE SEVERAL AGES OF THE SAME VARIETY, GO FOR THE SMALLEST ONES, AS THEY GROW BETTER THAN OLDER STRESSED PLANTS.

*See The LFI
Market Vendors
Here:*

[HTTP://WWW.REVELSTOKELOCALFOOD.COM/MARKET](http://www.revelstokelocalfood.com/market)

