

Native New England Wildflowers

Seed Start Instructions

Note: These seeds have been cold/dry stratified.

Big Bluestem, *Andropogon gerardii*: Press the seeds just below the surface of the soil. Be sure to cover the seeds with moist, wet soil, but not too deep. Also, be sure the soil is compressed a bit.

Swamp Milkweed, *Asclepias incarnata*: This species requires a wet cold stratification for 4 weeks, please see video "Wet Cold Stratification For Partly Sunny". Once the Wet/Cold Strat is done, place the seed in the grow tray, press firmly until the seeds are slightly below the surface, so they are covered lightly with soil. The bit of light they receive helps the seeds germinate - so don't bury them. After sowing, spray the seeds with the spray bottle until they are moist. Keep the seeds moist, often.

Common Milkweed, *Asclepias syriaca*: This species requires a wet cold stratification for 4 weeks, please see video "Wet Cold Stratification For Partly Sunny". Once the Wet/Cold Strat is done, place the seed in the grow tray, press firmly until the seeds are slightly below the surface, so they are covered lightly with soil. This species needs light to germinate, do not completely bury the seeds with soil. Press the seeds lightly into the soil, spray with water after sowing.

Butterfly Milkweed, *Asclepias tuberosa*: This species requires a wet cold stratification for 4 weeks, please see video "Wet Cold Stratification For Partly Sunny". Once the Wet/Cold Strat is done, place the seed in the grow tray, press firmly until the seeds are slightly below the surface, so they are covered lightly with soil. The bit of light they receive helps the seeds germinate - so don't bury them. Spray the seeds with water to moisten them, give them a little extra spray to soften the seeds.

Turtlehead, *Chelone glabra*: This species requires a wet cold stratification for 16 weeks, please see video "Wet Cold Stratification For Partly Sunny". Once the Wet/Cold Strat is done, place the seed in the grow tray. Do not press the seeds into the soil, as they need light to germinate. Spray visible seeds evenly until they are moist. Don't let seeds dry out too much.

Lance-leaf Coreopsis, *Coreopsis lanceolata*: Needs light to germinate, so place the seeds on the soil, and press lightly; it is okay if part of a seed has soil on it, just make sure they are not covered completely, keep them moist.

Boneset, *Eupatorium perfoliatum*: This species requires a wet cold stratification for 4 weeks, please see video "Wet Cold Stratification For Partly Sunny". Once the Wet/Cold Strat is done, place the seed in the grow tray. This seed needs light to germinate. Please do not completely bury the seeds with soil. Press the seeds lightly into the soil, spray with water after sowing.

Joe Pye Weed, *Eutrochium maculatum*: This species requires a wet cold stratification for 4 weeks, please see video "Wet Cold Stratification For Partly Sunny". Once the Wet/Cold Strat is done, place the seed in the grow tray. Do not press the seeds into the soil, as they need light to germinate. Spray visible seeds evenly until they are moist. Do not let seeds dry out too much - same as Turtlehead.

Blanket Flower, *Gaillardia aristata*: This species needs light to germinate, do not completely bury the seeds with soil. Press the seeds lightly into the soil, spray with water after sowing.

Oxeye Sunflower, *Heliopsis helianthoides*: This species germinates better in a wet cold stratification for 4 weeks, please see video "Wet Cold Stratification For Partly Sunny". Once the Wet/Cold Strat is done, place the seed in the grow tray. Place the seeds on the moist soil, press firmly until the seeds are slightly below the surface, then cover lightly with moist soil. The soil surrounding the seeds will help soften the outer shell. After sowing, spray the soil with water for extra moisture.

Northern Blazing Star, *Liatris scariosa* var. *novae-angliae*: This species requires a wet cold stratification for 4 weeks, please see video "Wet Cold Stratification For Partly Sunny". Once the Wet/Cold Strat is done, place the seed in the grow tray, and press firmly until the seeds are slightly below the surface; lightly covered with soil. The bit of light they receive, helps the seeds germinate, so don't bury them. After sowing, spray the seeds with the spray bottle until they are moist.

Dense Blazing Star, *Liatris spicata*: This species requires a wet cold stratification for 4 weeks, please see video "Wet Cold Stratification For Partly Sunny". Once the Wet/Cold Strat is done, place the seed in the grow tray. Place the seeds on the soil, press firmly until the seeds are slightly below the surface, then cover lightly with soil. The light helps the seeds germinate, so don't bury them. After sowing, give the seeds a strong mist from the spray bottle. The water will help soften the seed's shell.

Cardinal Flower, *Lobelia cardinalis*: This species requires a wet cold stratification for 4 weeks, please see video "Wet Cold Stratification For Partly Sunny". Once the Wet/Cold Strat is done, place the seed in the grow tray. This species needs light to germinate. Please do not completely bury the seeds with soil. Press the seeds lightly into the soil, spray with water after sowing. Be sure to look for the tiny orange/red seeds; make sure they are not covered with sand provided in the capsule. Use a toothpick to move the sand, keep the seeds moist, often.

Wild Lupine, *Lupinus perennis*: There are a couple ways to get this seed to germinate. A. Place the seeds in cold water for three days prior to sowing. This will soften the hard seed shell and also stimulate the germination process. After 3 days, place the soaked seeds, one per unit on the soil, press gently so they are a bit below the surface. Be sure they are covered. The moist soil surrounding the seeds will continue to soften the seed's outer shell. Do not bury too deep. They should begin to germinate in a few days, though not all at once. For more information take a peak at my video STARTING LUPINES . B. The second way is to start the Lupine seed outdoors in the fall, about 3/4 of an inch below the soil, mark the area where the seed was planted, either in a protected tray or garden.

Wild Bergamot, *Monarda fistulosa*: Needs light to germinate, so place the seeds on the soil, press lightly and spray the seeds with water. If the soil slightly covers the seeds it is okay, just be sure they are not buried.

Switch Grass, *Panicum virgatum*: Place the seeds on the soil, press firmly until the seeds are slightly below the surface, then cover lightly with soil. The light helps the seeds to germinate, so don't bury them. After sowing, give the seeds a strong mist from the spray bottle. The water will help soften the seed's shell.

Foxglove beardtongue, *Penstemon digitalis*: *This species requires a wet cold stratification for 4 to 6 weeks, please see video "Wet Cold Stratification For Partly Sunny". Once the Wet/Cold Strat is done, place the seed in the grow tray.* Needs light to germinate, so place the seeds on the soil, press lightly and spray the seeds with water. If the soil slightly covers the seeds it is okay, just be sure they are not buried. Keep soil moist.

Mountain Mint, *Pycnanthemum tenuifolium*: *This species does not need a Wet Cold Strat. This species needs light to germinate. Please do not completely bury the seeds with soil. Press the seeds lightly into the soil, spray with water after sowing.*

Cut-leaf Coneflower, *Rudbeckia laciniata*: Place the seeds on the soil and press lightly into the surface. Do not bury the seeds, they need light to germinate. Spray water on seeds, once again, before covering with the dome.

Blue-stemmed Goldenrod, *Solidago caesia*: *This species does not require a Wet Cold Stratification. Prepare your grow tray and place the seeds on the soil, press firmly until the seeds are slightly below the surface, lightly covered with soil, they need light to germinate, so don't bury them. After sowing, spray the seeds with the spray bottle until they are moist.*

Indian Grass, *Sorghastrum nutans*: Press the seeds just below the surface of the warm soil. Be sure to cover the seeds with soil, but not too deep. Also, be sure the soil is compressed a bit.

Calico Aster, *Symphotrichum lateriflorum*: Place the seeds on the soil, press them lightly into the soil, cover lightly with soil. Spray once more before placing the dome on.

New England Aster, *Symphyotrichum novae-angliae*: This species requires a wet cold stratification for 4 weeks, please see video "Wet Cold Stratification For Partly Sunny". Once the Wet/Cold Strat is done, place the seed in the grow tray. Place the seeds on the soil, press firmly until the seeds are slightly below the surface, so they are covered lightly with soil. The bit of light they receive helps the seeds germinate, so don't bury them. After sowing, spray the seeds with the spray bottle until they are moist.

Sky Blue Aster, *Symphyotrichum oolentangiense*: Place the seeds on the soil and press lightly, cover lightly with soil, like the Calico Aster. Spray once more before placing the dome on.

Blue Vervain, *Verbena hastata*: This species requires a wet cold stratification for 4 weeks, please see video "Wet Cold Stratification For Partly Sunny". Once the Wet/Cold Strat is done, prepare your grow tray and place the seeds on the soil, press firmly until the seeds are slightly below the surface, so they are covered lightly with soil; they need light to germinate, so don't bury the seeds. After sowing, spray the seeds with the spray bottle until they are moist. The seeds may take longer to germinate, so keep an eye on them, don't let them dry out too much.

Golden Alexanders, *Zizia aurea*: This species requires a wet cold stratification for 8 weeks, please see video "Wet Cold Stratification For Partly Sunny". Once the Wet/Cold Strat is done, place the seed in the grow tray and press gently so they are 1/4" below the surface and cover, be sure they are covered. Keep the soil moist as the moisture surrounding the seeds will continue to soften them. Do not bury the seeds too deep.