

Three easy ways to start seeds

Autoflower seed starting with Nancy Wallace



Choose the method that fits your supplies. In this guide, I share the three methods from my seed-starting demonstration.

Your supplies

Seeds, water, labels and a marker, plus gloves or clean hands.

Float: a shot glass and 3% household hydrogen peroxide.

Napkin: a tight-weave napkin, resealable bag, and mycorrhizae with beneficial organisms.

Plug: starter cubes, a spray bottle, and clean tweezers.

Source: *3 Easy Methods for Starting Auto Flower Seeds with Nancy Wallace* (6:27). Illustrations depict the materials and methods. Free for everyone and included with first-time purchases.

For adults cultivating where permitted by law. This guide covers seed starting and shallow planting in your final pot.

01 Float method

Video reference: 0:37–1:46



1. Fill a shot glass with water and add one capful of **3% household hydrogen peroxide**, following my method.
2. Add seeds and label the glass. I start two or three seeds and select the first to sprout with the largest root.
3. Put the glass somewhere dark and warm. I recommend **72–78°F**.
4. Check for a seed opening and a visible root. I suggest raising the temperature a few degrees if germination is slow.

Measurement note: shot glasses and bottle caps vary in size. This describes my household method rather than a precise dilution. Use the specified 3% bottle strength.

02 Napkin method

Video reference: 1:48–4:26



1. Moisten a tight-weave napkin evenly. Squeeze out excess water so it is damp throughout.
2. Sprinkle on a little mycorrhizae with beneficial organisms, then place the seeds on the napkin. Follow the additive's label for its amount.
3. Fold the napkin at an angle, leaving corners that make it easy to reopen.
4. Label the bag. Place the folded napkin inside and seal it with an air pocket, like a little pillow.

My handling tip: wear gloves or keep your hands very clean when working with seeds. Handle the napkin gently when reopening it.

03 Starter cube method

Video reference: 4:30–6:23



1. Use a premoistened **starter cube** in a tray with no standing water.
2. Place one seed in the opening near the top and gently push it in a little. I keep it shallow in my demonstration.
3. Give the top a tiny spritz of water. Use clean tweezers to reduce handling.
4. Seal unused cubes in their packaging to retain moisture. I look for cubes that are barely damp, with no unpleasant odor.

I advise against using cubes that have developed a foul, kitchen-sponge smell. Follow the starter cube manufacturer's instructions for storage and moisture management.

Planting in your final pot

My shallow-planting method



- 1. Prepare the center.** Scoop out the center of your final pot and fill it with about **4-6 cups** of seed-starting mix. I use this gentler mix to help protect the seedling from nutrient burn. Premoisten the soil evenly.
- 2. Plant very shallow.** Place your sprouted seed in the center mix and cover it with just a thin layer of soil. I keep it barely beneath the surface and avoid touching the new root.
- 3. Mist until emergence.** I use a spray bottle to keep the top of the soil moist until the seedlings emerge. Keep the surface moist without standing water.
- 4. Soften a stuck shell.** If the shell stays attached, I continue misting for a few days to soften it. In rare cases, I use clean tweezers to gently and carefully pry open the softened shell and remove the thin membrane around the cotyledons (the first seed leaves). I avoid pulling on the seedling or forcing the shell apart.

For the starter cube method, move the seedling with its cube intact. Keep the cube's top near the soil surface and avoid burying the seedling's stem.

NANCY'S OWN | STUDENT RECORD

Three easy ways to start seeds

Data and conditions

Name: _____ Date: _____

Project / plant / lot ID: _____

Cultivar / seed source / medium

Stage / milestone / observation time

Measurements and units

Conditions and recent inputs

Change made / reason / planned next check

Name: _____ Date: _____

What did I observe? Include dates, photo references, and differences between plants.

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Interpretation and follow-up

Name: _____ Date: _____

Project / plant / lot ID: _____

What could explain the observations? What remains uncertain?

Next check / decision / follow-up date and result

Print additional copies of these pages whenever you need more space.

How to fill in this download

These fictional entries show the level of detail to write. Use your own dates, measurements, units, IDs, and evidence. They are not targets, chemical instructions, promised results, or answers for your own plants. Write unknown or pending when appropriate. The original worksheets remain blank.

Examples for the three student-record pages

Name / date / project, plant, or lot ID	Alex Example / 2026-06-22 / plant P01; grow G26-01. For a breeding record: cross C01, seed lot C01-S1.
Cultivar / seed source / medium OR seed parent / donor / family	Example Auto, lot EA-26, source recorded on seed packet; peat-based potting mix. Breeding: seed parent F01, pollen donor F01-C1 (clone of F01), family F01-S1.
Stage / milestone / observation time	Vegetative growth, day 19 after emergence; 2026-06-22 at 08:00. Day count starts at emergence, not sowing.
Measurements and units	Canopy height 18 cm; air temperature 24 C; relative humidity 55%; photo P01-0622-A. These are fictional readings, not recommended targets.
Conditions and recent inputs	Same light schedule and sensor location as yesterday. Plain water yesterday; exact amount recorded in the watering log. No new feed product.
Change made / reason / planned next check	Moved the sensor to the marked canopy location because its placement had changed. Recheck at 08:00 tomorrow; annotate the earlier reading.
Observations and evidence	June 22: two new leaf pairs since June 19. Older leaf tips unchanged. Compare photos P01-0619-A and P01-0622-A, taken from the same angle.
Interpretation / possible explanations / uncertainty	Growth appears steady. Changed sensor position could explain the reading difference. I cannot conclude that the room became hotter from one reading.

Next check / decision / follow-up date and result	June 23, 08:00: repeat at the marked sensor position and compare new growth. Follow-up: reading similar; no further adjustment made. Record your actual result when available.
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