How to Grow Vegetables from Seeds Without Buying Seeds

Growing vegetables from seeds is 1 of the important aspects or views of gardening. This article will help show you how to easily grow vegetables from the seeds inside a vegetable.

### Part 1: Making Newspaper Cups

1. Open up the newspaper and spread it out.
2. Cut off strips of newspaper. The wider the strip, the bigger the newspaper pot is.
3. Use a cylindrical object (etc. soda can) to roll the newspaper onto. Make sure 1 inch is left off object when rolling to form the bottom.
4. Push in the bottoms and try to make as little holes or gaps in the bottom.
5. Tape together or glue.

### Part 2: Getting Seeds from Vegetables

1. Cut open the vegetable.
   - Some vegetables that can be used are cucumber, bell pepper, peppers, or eggplants.
   - You can also use others like squash, papaya, or pumpkin.
2. Remove the seeds with your fingers or with a spoon.
   - Try not to remove excessive pulp.
3. Put the seeds and pulp into a bowl of water.
   - The pulp should float, and can be discarded.
4. Wash the seeds thoroughly.
5. Put the seeds on a dry surface (example: towel, paper towel, glass surface, etc.).
   - Flip the seeds over to make sure they dry evenly and don't stick.
6. Store them in a jar/container or plant.
Part 3 Preparing for Seeds

1. Take the finished newspaper cup/designated pot/container and fill with soil. Make sure you don't fill too much.

2. Place the seeds in the container. Depending on container size you might be able to fit more or less. If you can fit 5 pots but they are really squished together, it will be better to have 4. Try not to cram all the pots in.

3. If the seeds are big, cover them lightly with just a little soil. If the seeds are small, leave them uncovered.

Part 4 Providing Care and Maintenance

1. Water daily. The soil should be moist but not really wet. Check with your finger. And always spray the soil with water if the soil is dry.

2. Research your seed. Don't give up if your seed doesn't sprout in 5 days or less. Each and every seed germinates at different times, meaning tomato seeds will sprout after 7/10 days, or like basil will sprout after 3/4 days.

3. Don't transplant too soon. After the seeds have sprouted into seedlings, it is important to wait for them to be strong enough to be moved out of the container. Seedlings are ready to be moved once a 2nd set of leaves appear. Even then watch and wait for them to be bigger and leafier. You can do a test by leaving the container lid open, so the humidity diminishes and see if the seedlings do well. If not quickly put on the lid and they will recover.

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Tips

- By putting the seeds in a moist place with humidity, this creates a green house effect (without using a greenhouse) and helps encourage and make seeds germinate/sprout.
- Although this article is specifically about vegetables, fruit trees can be grown almost the same way.
- Research about the vegetable seedling, germination, and care. Researching germination will tell you how long it will take
for your seed to sprout, the temperature it must be for germination, and once your seedling has grown up how much water maintenance and care it will need.

Warnings

- After a while newspaper will start growing molds. This won't effect the seedlings at all. Once the seedlings are ready to plant just bury with the newspaper because the newspaper will decompose and form with the soil.

Things You'll Need

- Plastic container with holes in lid (if no holes punch holes in the lid)
- Newspaper, mini pots, designated container for plants
- Tape, glue, scissors, soil
- Vegetable or Fruit