



# Natural Beauty Garden

Hello, Beautiful. This gorgeous collection of botanicals allows you to grow your very own natural beauty garden! Included are herbs that have healing or skincare properties and flowers whose petals add color to homemade skincare products. And there is a 54-page recipe book so you can craft your freshly grown and harvested botanicals into easy-to-make plant-based beauty products.

Here's a step-by-step guide on how to grow the seeds included in your Garden Therapy Kit!

## MATERIALS

- Garden Therapy Natural Beauty Collection Seeds
- Seed-starting journal
- Seed-starting soil mix
- Seed tray with greenhouse lid and pots
- Plant labels

## GROW IT!

Download and print the Seed-Starting Journal here: <https://gardentherapy.ca/get-growing-printable/>

Follow the instructions on the seed-starting journal to calculate the date to start each one of the seeds in the collection.

Some of the seeds can be started right in the garden, while others are best started indoors before the last day of frost in your area.

## INDOOR SEED-STARTING

For Indoor seed-starting, you can use a Jiffy Greenhouse or your preferred seed-starting tray/pots. Adjust the instructions that follow if you use something other than a Jiffy Greenhouse.

1. Mix the seed-starting soil and water in a bucket to moisten it. It should be moist, but not soggy.
2. Fill Jiffy pots with damp soil mix.
3. Make a small indent in the top of the soil, plant 2-3 seeds per pot, and cover lightly.
4. Label the planted seeds.
5. To create a mini greenhouse, cover the tray with a plastic dome lid.
6. Once the seedlings emerge, remove the dome altogether and place the seedlings in bright light.
7. Water the seedlings from the bottom of the tray or by misting with a spray bottle to avoid damaging them.

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# A Few Notes

**Planting Medium.** Soil is full of microbes, bacteria, and critters. That's great for the garden but bad for indoor seed starting. If you are starting the seeds indoors, look for a soilless seed-starting mix that is sterile. It will give your seeds the best start.

**Labeling.** Those little green sprouts look pretty similar when they first pop up. Use plant labels to identify what seeds were planted so you can keep track of them. Wooden Popsicle sticks make inexpensive and biodegradable seed labels.

**Thinning.** If you planted more than one seed, then it's pretty likely that you have more than one seedling (germination rates are one of the things GardenTrends is pretty serious about!). In small pots, it's best to reduce the crop down to one plant to avoid overcrowding. Grab a clean pair of scissors and snip all but the strongest seedling in each pot – don't pull! Pulling can disrupt the roots.

**The Right Light.** The light requirements for each of the plants can be seen in the next section. Generally, a window is not enough light for starting seeds. For early seed-starting indoors, a fluorescent grow light will help to give your seedlings a great start. The seeds will also do well in a greenhouse.

**Watering.** Make sure you keep the seeds hydrated by watering them enough so that the top layer of growing medium stays moist at all times. Don't overwater, though—the growing medium should be damp to the touch, but never soggy.

To avoid washing out tiny seeds or damaging seedlings, try misting using a spray bottle or soaking plants from the bottom by placing water in the basin of a tray and allowing the moisture to be wicked up.

**Transplanting.** As the seedlings grow into plants that are too large for the pots, you can move them outside to keep growing (as long as you have passed the Last Frost Date in your area). Repot the plants into larger pots and slowly introduce them outside (in the shade) to harden them off. After a week of gradually increasing outside time, they should be ready for the garden!

**Harvesting.** As your plants grow, you will surely want to harvest and dry them. Use a clean pair of scissors to harvest leaves or flowers and hang them to dry in a cool, dark place. Store dried herbs and flowers in clean Mason jars for up to one year.

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355 Paul Road, PO Box 24966, Rochester, NY 14624-0966 | Email [customercare@gardentrends.com](mailto:customercare@gardentrends.com) | Ph 888.270.4751 Fx 877.892.9197

[www.gardentrends.com](http://www.gardentrends.com)



## NATURAL BEAUTY COLLECTION



**Costa Mix  
Calendula**

Annual

**Seeding Time:** Spring  
**Days to Germination:** 7 – 14  
**Seeding Depth:** ¼”  
**Weeks to Transplant:** 3 - 4  
**Soil Temperature:** 60 – 68°F  
**Transplant Spacing:** 6-12”

For best results, sow seeds directly into warm soil, thinning as needed. Lightly cover seeds with soil and keep the top layer moist to germinate. If starting indoors, transplant seedlings outdoors in a partial to full sun location after the last possibility of frost has passed.

**Classic Artist Mix  
Centaurea**

Commonly Called  
Bachelor Buttons &  
Cornflowers

Annual

**Seeding Time:** Spring  
**Days to Germination:** 5 – 10  
**Seeding Depth:** ¼”  
**Weeks to Transplant:** 4 – 6  
**Soil Temperature:** 70 – 75°F  
**Transplant Spacing:** 8 – 10”

Sow seed indoors by placing 3 – 4 seeds in individual peat pots. Harden off prior to transplanting into the garden, in well-drained soil in full sun. Seeds can also be directly sown outdoors in thin rows. Cover lightly with moist soil until seedlings emerge with first true leaves. Thin as needed.

**Goldy Double  
Sunflower**

Annual

**Seeding Time:** Spring  
**Days to Germination:** 4 – 8  
**Seeding Depth:** ¼- ½”  
**Weeks to Transplant:** 4 – 5  
**Soil Temperature:** 70 – 75°F  
**Transplant Spacing:** 1 – 1.5'

For best results, sow seed directly into warm soil, thinning as needed. Cover seed with soil as darkness is required to germinate. If starting indoors, transplant outdoors in a full sun location after the last possibility of frost has passed.



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**Mini Blue  
Lavender**  
Perennial

**Seeding Time:** Winter and Early Spring

**Days to Germination:** 4 - 5

**Seeding Depth:** 0 -  $\frac{1}{8}$ "

**Weeks to Transplant:** 6 - 8

**Soil Temperature:** 65 - 68°F

**Transplant Spacing:** 1 - 1.5'

Sow seed on top of sterile soil mix as light is required for germination; mist frequently and cover to prevent drying out. Transplant to indoor pots as early growth is slow. For final planting, use light, well-drained soil in a full sun location.



**Lavender  
Vera**  
Perennial

**Seeding Time:** Winter and Early Spring

**Days to Germination:** up to 30

**Seeding Depth:** 0 -  $\frac{1}{8}$ "

**Weeks to Transplant:** 18 - 24

**Soil Temperature:** 65 - 68°F

**Transplant Spacing:** 2 - 3'

Place seed in the refrigerator or freezer 7 - 10 days to pre-chill prior to sowing. Sow seed on top of sterile soil mix as light is required for germination; mist frequently and cover to prevent drying out. Transplant to indoor pots as early growth is slow. For final planting, use light, well-drained soil in a full sun location.



**Lemon  
Balm**  
Perennial

**Seeding Time:** Early Spring

**Days to Germination:** 7 - 14

**Seeding Depth:** 0 -  $\frac{1}{8}$ "

**Weeks to Transplant:** 8 - 10

**Soil Temperature:** 70 - 75°F

**Transplant Spacing:** 1'

Sow seed on top of sterile soil mix as light is required for germination; mist frequently and cover to prevent drying out. Seedlings can be transplanted to average, well-drained garden soil either in full sun or shade.



**Peppermint  
*Mentha***  
Perennial

**Seeding Time:** Spring

**Days to Germination:** 10 - 14

**Seeding Depth:** 0 -  $\frac{1}{8}$ "

**Weeks to Transplant:** 5 - 6

**Soil Temperature:** 65°F

**Transplant Spacing:** 1'

Sow seed on top of sterile soil mix as light is required for germination; mist frequently and cover to prevent drying out. Transplant to partial shade, into moderately rich, moist soil.

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