



# Setting Seeds Up For Success

## *epsom salt* seed soak solution

Here's a simple and effective **homemade Epsom Salt-based seed soak solution recipe** that can help improve seed germination by promoting stronger root development and overall plant health.

## Ingredients

- 1 tablespoon Epsom salt
- 1 quart (4 cups) warm water
- Seeds you want to soak

## Instructions

1. Dissolve 1 tablespoon of Epsom salt in 1 quart of warm water. Stir until the salt is fully dissolved.
2. Allow the solution to cool to room temperature.

## How to Use

- Place your seeds in a shallow bowl or container.
- Pour the Epsom salt solution over the seeds, ensuring they are fully submerged.
- Let the seeds soak for 12-24 hours. For larger seeds, 12 hours is usually sufficient, while smaller seeds may benefit from a full 24-hour soak.
- After soaking, drain the solution and plant the seeds immediately in your desired location or pots.

Flooding seeds with magnesium in the form of Epsom salt helps improve germination and seedling growth by promoting stronger root development and overall plant health.