



**UCI**  
Universidad para la  
Cooperación Internacional

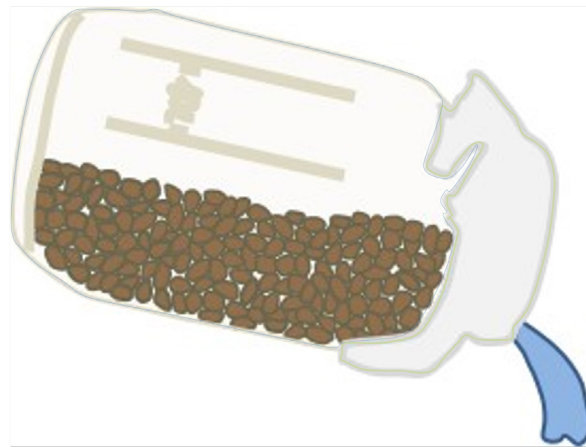
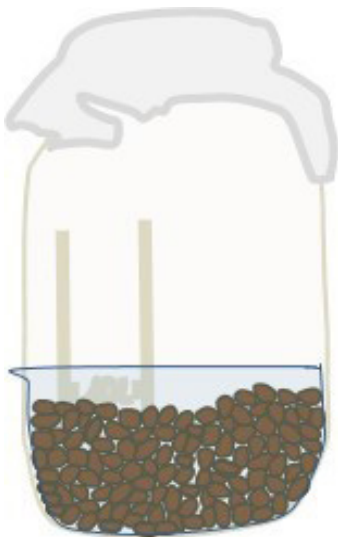


**COSTA RICA  
REGENERATIVA**



**Pre-germinate  
seeds**

- To pre-germinate seeds, place them in a jar of water for 8 to 12 hours.
- Drain the water and leave the jar in the shade covered with a cloth or gauze.
- Rinse them gently 3 or 4 times each day, removing the water each time until they germinate. (they should just remain moist)
- You can sow the sprouted seeds directly into the raised bed just as you would with dry seeds, but taking care not to damage their roots (as shown in the video).
- Or, you can plant them in paper pots and transplant them later. In this case, you must ensure to protect the pots from rain, and water them daily until the seedlings are ready to be transplanted.



In this short video we show you the care that will be required when sowing pre-germinated seeds directly into the raised bed. Video transplanting pre-germinated seeds.

