



UCI
Universidad para la
Cooperación Internacional



**COSTA RICA
REGENERATIVA**



Regenerative nursery

To establish our nursery, it is better to look for an area that has both sun and shade, to place the different aged of plants there, according to their need for sun exposure. The area to be dedicated to the nursery should also be protected from wind and farm animals.

Newly germinated seeds should remain in partial shade for the first few days. Cuttings should remain in the shade until they are completely rooted. But, actively growing plants need full sun to become strong enough to be transplanted into the ground.

The nursery is the right place to use compost; well decomposed, made with kitchen scraps and animal manure. If the seeds are sown in compost or compost mixed with soil, that will promote the development of the new plants.

For watering, you can use recycled plastic bottles. Drill a small hole in the lid or partially close it; just enough to achieve a drip that moistens the soil without damaging plants. The nursery plants must be watered every day, preferably early in the morning. But, if the conditions are very dry, they may also have to be watered in the afternoon.





Depending on your needs and interests, your nursery can be as small as the one in the photos or larger, depending on what conditions allow.

In the following videos we show you two ways to make paper pots. Videos: 1) Paper pots, 2) Other pots.



Sowing Depth

In general, the larger the seed, the deeper it will have to be planted; The smaller they are, the more superficially they are planted. Most vegetable seeds are very small - between 1 and 5 millimeters - but seeds such as squash and pumpkin can measure between 1 and 2 centimeters.

Most seeds can be sown in paper pots before transplanting into a garden, but seeds such as corn and all types of beans are sown directly into the ground.

The following table includes the recommended planting depths for seeds of various crops:

Crop	Depth of Sowing
Beans, chickpeas, broad beans.	3 - 4 centimeter
Peanuts, pumpkin or squash, cilantro, asparagus, peas, green beans, lentils, corn, melon, cucumber, watermelon.	3 - 4 centimeter
Chard, artichoke, thistle, dandelion, spinach, fennel, hyssop, lemon balm, okra, oregano, beet, rosemary, thyme.	1 - 2 centimeter
Sorrel, chicory, anise, eggplant, onion, cabbage, dill, lettuce, mustard, pepper or chiltoma, radish, tomato	Medio - 1 centimeter
Celery, parsley, carrot.	Cover them with just a little soil.
Basil and coriander (chicory).	They are just left on the ground and covered with transparent plastic before transplanting.

