



200 Mehrhof Hall  
PO Box 110675  
Gainesville, FL 32611-0675  
[www.gardeninginaminute.com](http://www.gardeninginaminute.com)

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## **Hardening Off Seedlings**

Today on Gardening in a Minute: hardening off seedlings.

If you're starting your seedlings indoors to get an early start, it's important to put them through a process called hardening off before you plant them outdoors.

In cold climates, hardening off helps plants adjust to crisp springtime temperatures. In Florida, it also helps them adapt to the intense sun.

Start by putting your seedlings outdoors in a protected and somewhat shady spot for an hour or two. Keep in mind that the plants will require more water outdoors.

Increase the time by an hour or so each day, gradually moving them into brighter sun, unless the plants show signs of sunburn.

Once the plants are able to spend an entire day in full sun, they'll be ready to put in the ground.

For more information about vegetable gardening and many other gardening topics, contact your county Extension office or visit Gardening in a Minute dot com.

Gardening in a Minute is a production of the University of Florida's Center for Landscape Conservation and Ecology, IFAS Extension, and WUFT-FM.

*your solution for Florida-friendly gardening*