

## **SeedsHereNow.com Germination Guide: Paper Towel Method Checklist**

### **Step 1: Gather Your Supplies**

- Cannabis seeds from SeedsHereNow.com
- 2 paper towels
- Clean plate
- Spray bottle with clean, room-temperature water
- Tweezers (optional)

### **Step 2: Set Up the Paper Towels**

- Moisten 2 paper towels using the spray bottle until they are damp but not dripping.
- Place one damp paper towel on the plate.

### **Step 3: Place the Seeds**

- Carefully place your cannabis seeds on the damp paper towel, spacing them out by at least an inch.
- Cover the seeds with the second damp paper towel.

### **Step 4: Maintain Moisture**

- Use the spray bottle to keep the paper towels moist, if needed, but avoid oversaturating them.
- The seeds should stay damp, not waterlogged.

### **Step 5: Store in a Warm, Dark Place**

- Place the plate in a warm, dark spot, ideally between 70-85°F (21-29°C). A cupboard or closet is usually perfect.

### **Step 6: Check Daily**

- Check the seeds daily to ensure the paper towels stay damp.
- Within 1-5 days, you should see the taproot emerge.

### **Step 7: Handle with Care**

- Once the taproot is about ¼ to ½ inch long, your seeds are ready for planting.
- Use tweezers to handle the seeds gently and avoid touching the root.

### **Step 8: Plant the Germinated Seeds**

- Prepare your soil or grow medium.
- Plant the germinated seeds root-down, about ½ inch deep, and lightly cover with soil.

### **Tips for Success**

- Always use clean, filtered water.
- Avoid direct sunlight during the germination process.
- Be patient! Some seeds may take a bit longer to crack.

**Do you have questions or need help?** Visit [SeedsHereNow.com](https://SeedsHereNow.com) for more tips or reach out to our support team—we're here to help!