

Cold Stratification Techniques

There are various ways of doing a cold stratification on seeds that require it, using a few different types of media to get the same effect – breaking seed dormancy.

Materials required

- Seeds
- Peat Moss*/Sand*/Sphagnum Moss*/Vermiculite* or Paper Towel
- Water
- Zip Lock Bags
- Sharpie/Permanent Marker
- Container for mixing
- Refrigerator

The basic principles using any of the above-mentioned media are the same.

Note – If the paper towel method is used, this process is slightly different.

- Place half a cup of the media* (approximation depending on the amount of seeds to be cold stratified) with some water until the media is well moistened but not too wet
- Add seeds and mix well
- Put seeds and media* into a zip lock bag and seal
- Label bags with seed variety and date stratified
- Place onto a tray (in case of any leaks) and put into a refrigerator for 4 weeks (or as long as the propagation notes/directions advise to)
- If seeds start to sprout in the refrigerator, be sure to remove them immediately and plant into pots to keep propagation growing for good root growth
- Once there is no chance of frost damage, it is time to take the seeds out and continue the propagation process
- Note – Paper Towel Method – Soak seeds for up to 24 hours, moisten the paper towel and wrap around the seeds and place in the refrigerator