

TMAPS — Space & Light Selector Guide

Match your growing situation to the right seeds

STEP 1 — HOW MUCH LIGHT DO YOU HAVE?

Light Type	Definition	Best Seeds to Grow	Seeds to Avoid	Location Examples
Full Sun	6+ hours direct sunlight/day	Tomatoes, Basil, Beans, Okra, Amaranth, Sunflowers, Marigolds, Zucchini, Three Sisters corn, Zinnia, Bitter Melon (with care)	Spinach/Arugula (will bolt in full sun heat)	South-facing balcony · Open backyard · Community garden plot · Rooftop
Part Sun / Shade	3–6 hours direct sun/day	Lettuce, Kale, Spinach, Radishes, Peas, Chard, Cilantro, Arugula, Nasturtium, Coneflower, Bee Balm, Black-eyed Susan	Tomatoes (low yield), Okra (won't thrive), Bitter Melon	East/West-facing balcony · Partially shaded patio · Side yard
Low Light / Indoor	Under 3 hrs direct sun · North-facing window	Microgreens, Chives, Mint, Sprouts · Lettuce/spinach possible with grow light	Tomatoes, Beans, Okra, Sunflowers, Cucumbers, Bitter Melon, Zucchini	North-facing window · Shaded apartment · Supplement with \$20 LED grow light

STEP 2 — WHAT IS YOUR GROWING SPACE?

Space Type	Size / Setup	Best Seeds	Avoid	Key Tips
Balcony / Patio	Containers only 2–20 sq ft Pots, buckets, window boxes	Cherry tomatoes, Basil, Lettuce, Radishes, Herbs, Nasturtium, Peas (trellis), Pole beans, Dwarf sunflowers	Zucchini, large corn, winter squash, bitter melon (too sprawling)	<ul style="list-style-type: none"> • Water daily — containers dry fast • Dwarf/patio/bush varieties only • South-facing = best light • Take max 2–4 seed varieties
Indoor / Windowsill	Window box or small pots 1–6 sq ft South-facing = best	Chives, Mint, Parsley, Basil (sunny window), Lettuce, Spinach, Microgreens, Sprouts	Tomatoes, beans, okra, sunflowers, bitter melon, cucumbers, zucchini	<ul style="list-style-type: none"> • South-facing window essential • Add LED grow light for north rooms • No fruiting crops indoors • Take max 1–3 seed varieties

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STEP 2 — WHAT IS YOUR GROWING SPACE?

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Outdoor Garden / Plot	Ground beds or large containers 20+ sq ft Soil-amended beds	Full range — all vegetables, all flowers, Three Sisters, Okra, Bitter Melon, Amaranth, native perennial flowers	Very few limits — respect space needs of large crops like corn, squash, zucchini	<ul style="list-style-type: none"> • Amend soil with compost first • Start tomatoes/peppers/okra indoors in March • Mulch to retain moisture • Take max 4–7 seed varieties

STEP 3 — HOW MUCH SEED TO TAKE

Seed Size	Amount to Take	Examples	Why This Amount
Large seeds	5–8 seeds	Beans, peas, zucchini, corn, winter squash, sunflowers	1 seed = 1 plant; 4–6 plants is usually more than enough

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Medium seeds	10–15 seeds	Tomatoes, okra, kale, amaranth, chard, cucumbers, radishes	A few extras for germination failures; 1–2 plants per pot	
Small seeds	15–25 seeds	Lettuce, spinach, basil, arugula, coneflower, zinnia, marigold	Lower germination rate; thin seedlings after sprouting	
Tiny/dust seeds	½ teaspoon	Microgreens mix, carrot, parsley, thyme, bee balm	Planted densely — a pinch easily covers a tray or small pot	

THE GOLDEN RULE: Most seed packets contain 50–200+ seeds. A single zucchini plant feeds a whole family. One tomato plant gives hundreds of tomatoes. You only need 2–3 seeds for a balcony pot. Taking a whole envelope means other students go without — and seeds you don't use will expire before next season. Take ONLY what you will plant this year.