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## Kitchy question

Wed, 01/29/2014 - 11:28 -- Kitchy

Question:

How do I use grow lights to get my seedlings off to a healthy, early start?

Topics::

[seed-starting and planting](#) [1]

Image (optional):

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How do I use grow lights?

Answer::

Starting your seeds indoors under lights allows you to get an early start on your garden and over time can save you money as seeds cost less than seedlings. Another advantage is that you'll be able to enjoy a much larger selection of varieties than you could if you limit yourself to buying seedlings from a local nursery or farmers market. This video from our friends at GrowVeg.com helps explain the steps involved with indoor seed starting under lights:

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**Source URL:** <http://kqi.org/questions/how-do-i-use-grow-lights-get-my-seedlings-healthy-early-start>

**Links:**

[1] <http://kgi.org/topics/seed-starting-and-planting>

[2] <http://www.flickr.com/photos/elle-epp/5617334513/>