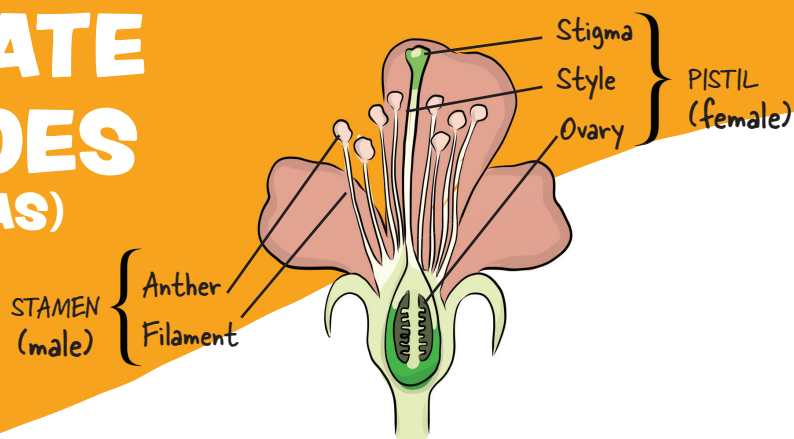


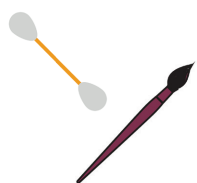
# HOW TO POLLINATE INDOOR TOMATOES (AND PEPPERS, BEANS & PEAS)

Tomatoes, peppers, bean and pea plants are 'self-pollinating', which means their flowers have both male and female parts. Wind normally moves the pollen around for these plants, but you can give your plants a hand if you're growing indoors!



SELF-POLLINATING FLOWER

## Tools of the trade



Q-TIP OR  
PAINTBRUSH



ELECTRIC  
TOOTHBRUSH



OSCILLATING  
FAN

THROUGH POLLINATION, YOU WANT TO DISTRIBUTE THE POLLEN TO THE FLOWER STIGMA, THEN TO THE OVARY. ONCE THE POLLEN JOINS AN EGG, IT BECOMES A SEED, & SEEDS BECOME NEW PLANTS!

### OPTION 1: PAINT THE FLOWERS

Carefully swab each flower with a Q-tip or paintbrush to move the pollen around, transferring the pollen into the pistil (middle of flower).



### OPTION 2: FLICK THE FLOWERS OR SHAKE

Sometimes a little shake of the vine is all you need to get the pollen moving. You can also rap each flower with a sharp finger flick.



Just a light flick! Don't damage the flowers.

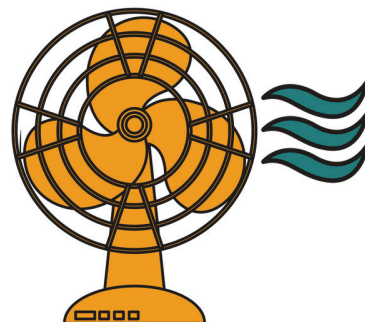
### OPTION 3: VIBRATE THE FLOWERS

Try place a vibrating toothbrush behind the flowers and gently blow to distribute the pollen.



### OPTION 4: BE THE WIND!

Try placing an oscillating fan near your garden to mimic the wind and stimulate pollen release!



**TIP:** Try pollinating every 2-3 days. Upon successful pollination, flowers will wilt and begin fruiting.