

Physiological dormancy

Seeds with physiological dormancy require a period of moist, chilling to satisfy dormancy. A moist, chilling period is called **stratification**.

In nature, physiological dormancy is satisfied by having the seeds in moist soil over the winter. The same conditions can be simulated by keeping the seeds in a plastic bag containing a moist substrate (sand or vermiculite) in the refrigerator for several months. The optimum temperature for stratification is between 1 and 5°C (35 and 50°F), which is about the temperature of most refrigerators.



Vermiculite



Paper



Sand