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!

Tools of the trade

Q-TIP OR PAINTBRUSH ELECTRIC TOOTHBRUSH OSCILLATING FAN

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.

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.

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