



SOWING TIPS

Sow in spring or autumn, either in pots or trays.

In spring, you can also sow seeds directly into the ground (or transplant your seedlings from their pots).

Pots and trays should have **holes drilled in the bottoms**, with just a **small layer of pebbles at the bottom** so they can drain properly.

Don't forget to **add labels** to remind you which seeds are which, to help you observe the differences between them!

STEP-BY-STEP: SEEDLINGS

- ✿ Fill your pots or trays with potting soil
- ✿ Sow the seeds, remembering to space them out:
 - 5 cm between each seed
 - if you're planting multiple rows (in trays), space your rows by 30 cm
- ✿ Cover the seeds with a thin layer of potting soil before watering them
- ✿ Place your pots or trays by a window that gets plenty of sunlight, or outside, as long as there's no chance of frost
- ✿ Remember to water them gently, twice a week, especially once the seeds have germinated, and you'll soon see small leaves start to appear
- ✿ Wait patiently for your beautiful new bee-friendly plants to blossom...

Cornflower seeds

Centaurea cyanus



Edible chrysanthemum seeds

Chrysanthemum coronarium



Borage seeds

Borago officinalis



Common marigold seeds

Calendula officinalis

