



# SEEDS LIBRARY SEEDS CATALOGE



## About Seed Library

Seed library is a collaborative project by Library & Health Promotion Resource Centre and Energy, Waste and Sustainability team.

This library works on Take & Donate seeds, take the seeds which you like and donate some from your garden to share a joy of nurturing the nature with others.

The Seed Library is based at Library & Health Promotion Resource Centre, Lynfield Mount Hospital. It is open for everyone; anyone can take seeds for their home garden or if interested to use them with patients in the ward.



## **Our Mission**

Our Trust is pro-actively working on developing strategies to be recognised as a leader in sustainability and environmental improvements within the NHS and our local community and to achieve carbon net zero in line with NHS targets. As a library we are supporting this aim and ambition by procuring books, e-books and health promotion resources to raise the awareness amongst the Trust staff and the library users who borrows our health promotional resources to support their events/activities they deliver among wider community.

Aim of the Seed Library is to encourage Trust staff/library users to grow seeds by taking and donating them from the library to promote



plantation to help Trust to achieve its carbon net zero target.

If you have any queries or would like to donate seeds/small plant pots please email us at <u>library.lynfield@bdct.nhs.uk</u>.



#### Ageratum



When: Feb - April

Care: Water regularly until fully established

Flowers: July - September

**How:** Sow from late winter to mid spring at 15–18C (59–64F) in a good seed compost. Sow ageratum seed on the surface of the compost and gently firm down. Keep soil damp but not wet. Do not exclude light. Germination usually takes 10–15 days. When seedlings are large enough to handle, transplant and grow them on in cooler conditions until large enough to plant outdoors. When ageratum plants are well grown and all risk of frost has passed, acclimatise

Where: Full Sun

them to outdoor conditions over 7 to 10 days. Transplant outdoors in a sheltered position in full sun on moist, fertile, well drained soil at a distance of 15–30cm (6–12") apart.

#### Agrostemma – Mila Queen Mixed



When: March – May

Where: Full sun

Flowers: June - August

**How:** Direct sow Agrostemma seeds outdoors where they are to grow from March to May. Choose a position in full sun on well drained soil which has been raked to a fine tilth. Sow seeds thinly, at a depth of 12mm (1/2") in drills spaced 30cm (12") apart and cover the seed with its own depth of soil to exclude light. Water the ground regularly, especially during dry periods. Germination usually takes 7 – 14 days. When corn cockle seedlings are large enough to handle, thin them out to 30cm (12") apart.

Alternatively, sow outdoors in late summer. Corn Cockle plants will develop and overwinter to make strong plants for flowering the following May and June.

## Anthurium – Royal Bride



When: Jan – March

Where: Full Sun

Care: Remove spent flowers to encourage further blooming

Flowers: June - September

**How:** Germinate from February to May at 18–20C (64–68F) on the surface of a good free draining, damp seed compost. Do not cover the seed. Place in a propagator or seal container inside a polythene bag until after germination which usually takes 10–21 days. Do not exclude light, as this helps germination.

Transplant seedlings, when large enough to handle into trays or 7.5cm (3in) pots,. Grow on in cooler conditions for 10–15 days before planting out. Plant outside after all risk of frost, 60cm (2ft) apart.

### Aquilegia – William Guinness



When: Feb – May / Sep / Oct Care: Irritant to skin and eyes Flowers: May - July

**How:** Grow aquilegias in a sun or part shade in fertile, moist, well-drained soil

Where: Full sun or semi shade

#### Aster – Dark Blue



When: March – April / august – September Where: Full sun

Flowers: June - August

**Care:** Feed and water frequently throughout the summer to ensure an endless supply of flowers.

**How:** Sow from late winter to mid spring at 15–18C (59–64F) in a good seed compost. Sow ageratum seed on the surface of the compost and gently firm down. Keep soil damp but not wet. Do not exclude light. Germination usually takes 10–15 days. When seedlings

are large enough to handle, transplant and grow them on in cooler conditions until large enough to plant outdoors. When ageratum plants are well grown and all risk of frost has passed, acclimatise them to outdoor conditions over 7 to 10 days. Transplant outdoors a sheltered position in full sun on moist, fertile, well drained soil at a distance of 15–30cm (6–12") apart.

#### **Basil – Purple Ruffles**



When: Jan – March Where: Full Sun

**Care:** Pick plants over regularly and remove any developing flowerheads immediately to prevent bolting (running to seed) and to encourage lots of fresh young leaves.

Harvest: March – May

**How:** Sow seeds into pots of free-draining seed compost on a warm, sunny windowsill or in a greenhouse from late spring. Protect seedlings from slugs and cold and keep well-watered as they grow.

Plant out into the herb garden or into roomy pots or troughs from early summer, after all threat of frost has passed, allowing 15-20cm between plants.

#### Basil – Sweet



#### When: Feb - May

Where: Full Sun

**Care:** Pick plants over regularly, remove any developing flowerheads immediately to prevent bolting (running to seed) and to encourage lots of fresh young leaves

#### Flowers: July - September

**How:** Sow seeds into pots of free-draining seed compost on a warm, sunny windowsill or in a greenhouse from late spring. Protect seedlings from slugs and cold and keep well-watered as they grow. Plant out into the herb garden or into roomy pots or troughs from

early summer, after all threat of frost has passed, allowing 15-20cm between plants.

#### Agrostemma – Mila Queen Mixed



When: March – July Where: Full sun

Care: water as necessary Flowers: June – August

**How:** Direct sow beetroot seeds outdoors from March to July in a weed free, sunny position in fertile, light, well drained soil. Sow beetroot seeds thinly in shallow drills at a depth of 3cm (1") and 30cm (12") apart. Germination will usually take 12 to 24 days. When large enough to handle, thin out the seedlings within each row to 10cm (4") apart.

#### Brachycome – Bravo Mixed



When: Feb - April

Where: Full Sun

**Care:** Prone to straggly growth, to ensure they look best, pinch out the growing tips to encourage the formation of side shoots

Flowers: June – September

**How:** in February/March at 18–21C (65–70F) in a good seed compost just covering the seed with compost. Germination usually takes 10–21 days.

When seedlings are large enough to handle, transplant 5cm (2in) apart in boxes or into 7.5cm (3in) pots and grow on in cooler conditions. Gradually acclimatise to outdoor conditions for 10–15

days before planting out after all risk of frost, 23cm (9in) apart in full sun in ordinary well drained soil. For summer flowering pot plants, baskets and containers transplant the seedlings into 7.5cm (3in) pots, grow cool, well ventilated and water freely, plant up the baskets in May and harden off well before hanging outside.

### Cleome – Violet Queen



When: Feb - May

Where: In trays of seed compost

Care: Keep moist and weed free.

Flowers: July - October

**How:** Sow thinly, cover with a very fine layer of compost. Firm gently and keep moist. Cover tray with glass, polythene or propagator lid. Keep at approx. 15–20 degree Celsius. If slow to germinate, place in a cooler location for few days. It germinates best with temperature fluctuation,

#### Cosmos – Cupcake Blush



When: Feb – April

Where: Full sun

Care: water regularly until established Flowers: June - October

**How:** Sow Cosmos seed from March to May at a depth of 3mm (1/8") in a good quality seed compost, and cover the seeds with a very fine sprinkling of vermiculite. Place the seed tray in a propagator at a temperature of 18–25C (64–77F) or seal it inside a polythene bag. Keep the soil damp but not wet. Do not exclude light as this aids germination which usually takes 7–15 days.

When seedlings are large enough to handle, transplant into 7cm (3") pots & grow them in cooler conditions until large enough to plant

outdoors. When plants are well grown & all risk of frost has passed, acclimatise them to outdoor conditions over 7 to 10 days. Transplant outdoors in full sun in any moist, well drained soil at a distance of 45cm (18") apart. Pinch out the growing tip of each stem when transplanting to encourage stems to branch and produce more Cosmos flowers.

#### Cosmo – All sort mixed



When: March - May

Where: Full sun

Care: water as necessary

Flowers: July - October

**How:** Sow Cosmos seed from March to May at a depth of 3mm (1/8") in a good quality seed compost and cover the seeds with a very fine sprinkling of vermiculite. Place the seed tray in a propagator at a temperature of 18–25C (64–77F) or seal it inside a polythene bag. Keep the soil damp but not wet. Do not exclude light as this aids germination which u sually takes 7–15 days. When seedlings are large enough to handle, transplant into 7cm

(3") pots and grow them on in cooler conditions until large enough

to plant outdoors. When Cosmos plants are well grown and all risk of frost has passed, acclimatise them to outdoor conditions over 7 to 10 days. Transplant outdoors in full sun in any moist, well-drained soil at a distance of 45cm (18") apart. Pinch out the growing tip of each stem when transplanting to encourage stems to branch and produce more Cosmos flowers.

#### Cumino



When: March - JuneWhere: Moderately fertile, moist, well-drained soil – Full sun

**Care:** Cumin has a longer growing season than most herbs, taking 120 days to mature. As soon as seed heads can be seen but before they fall from the seed head, it is time to harvest

Flowers: July - October

**How:** Presoak seeds overnight and start off under glass with a little bottom heat at 68°F (20°C) in early spring, or in situ from May. Sow shallowly. Seeds should sprout in 7–14 days.

Cumin does not transplant well so it is a good idea to sow into biodegradable pots or soil blocks that can be planted directly into the garden. Grow enough to cover a broad area to help support the plants, or offer additional support with twiggy branches. When the pods turn brown (usually after around 120 days from sowing) remove the heads from the plants. Dry these thoroughly and then retrieve the seeds from inside.

#### Echium



When: End of March through to mid-May

Care: No pruning required

Flowers: July or later

**How:** After sowing, cover the seed lightly and water sparingly to keep the compost slightly damp to the touch. Echium generally germinate well at temperatures of 13–16°C (55–61°F) and benefit from slight

fluctuations between day and night temperatures, as this is what they would experience in their natural habitats.

#### Forget me not – Indigo



When: May – July

Where: Partial Shade

Flowers: April - June

**How:** Sow outdoors in a seed bed, 0.5cm dep into finely prepared soil which has already been watered. Seedlings usually appear in 14–28 days. Thein seedlings to 5cm apart when large enough to handle. Plant out to flowering positions in autumn, allowing 15cm between plants.

## French Bean (Dwarf) – Purple Teepee



When: April – July Where: Full SunCare: Hoe between plants often and water regularly. Provide a compost mulch around the base of bean plants to combat dry periods.

#### Harvest: July - October

**How:** Indoors, sow bean seeds at a depth of 4cm (1 1/2") in 7.5cm (3") pots or trays of free-draining, seed sowing compost. Place in a propagator or seal container inside a plastic bag at a temperature of 18–21C (65–70F) until germination, which takes 7–10 days. Do not exclude light as this helps germination. Alternatively direct sow dwarf green

beans outdoors when the soil has warmed. Sow 2 bean seeds per station at a depth of 4cm (1 1/2") and a distance of 23cm (9") apart. Plant dwarf beans in rows that are 45cm (18") apart. Alternatively direct sow dwarf green beans outdoors when the soil has warmed. Sow 2 bean seeds per station at a depth of 4cm (1 1/2") and a distance of 23cm (9") apart. Plant dwarf beans in rows that are 45cm (18") apart.

#### French Bean (Dwarf) – Yin Yang black & White



**When:** April – June **Where:** Early sowings can be made under glass at a temperature of 16 C, sow into 8cm (3in) pots or modular trays filled with seed sowing compost.

**Care:** Harvest regularly when young and keep a high moisture level around the roots as soon as pods start to develop.

Harvest: July - September

**How:** Seedlings sown under glass should be gradually hardened off before planting outside in late May to the above spacing, once all risk of frost has passed. Direct sown seedlings can be thinned out as required.

Water regularly during dry weather. Outside sowings can be made from May onwards into the growing site 5cm (2in) deep. Sow 2-3 seeds every 20cm (8in) apart with rows spaced 45cm (18in) apart.

#### French Beans – Cobra



When: April – July Where: indoors from mid–April for transplanting later on, or direct sow outdoors from late May to JulyHarvest: July – October

**How:** indoors, sow bean seeds at a depth of 4cm (1 1/2") in 7.5cm (3") pots or trays of free-draining, seed sowing compost. Place in a propagator or seal container inside a plastic bag at a temperature of 12–25C (54–77F) until germination, which takes 7–10 days. Do not exclude light as this helps germination. Once germinated, grow on in cooler conditions until all risk of frost has passed and the climbing bean

plants are large enough to be transplanted. Gradually acclimatise them to outdoor conditions over 7 – 10 days before planting French beans outdoors in rich fertile, well-drained soil in full sun with protection from strong winds. Alternatively direct sow French beans outdoors when the soil as warmed. Sow 2 bean seeds per station at a depth of 4cm (11/2") and a distance of 23cm (9") apart. Plant Climbing beans in rows that

are 60cm (24") apart, or where space is limited, try growing climbing beans onto a wigwam structure. Climbing beans require support from garden canes, strings or netting which should be put in place at the time of planting.

#### **Gladiolus Priscilla**



When: February – May

Where: Full Sun / Partial Shade

Care: No pruning required; flowers may need staking with a cane

Flowers: June - July

**How:** Grow in fertile, well-drained soil in full sun, planting the corms 15cm deep in spring, on a bed of sharp sand to aid drainage; in frost-prone areas, lift when the leaves turn yellow-brown, and store the new corms in a dry, frost-free place until the following spring; in milder areas, add a thick dry mulch over winter.

#### Hesperis – Lilac



When: May - JuneWhere: Full sun or semi shadeCare: In the autumn, carefully lift plants and re-plant into finalplanting positions, spaced 30cm (12in) apart. Plant in any ordinarysoil in full sun

Flowers: May - July

**How:** Sow May to June, transplant in autumn. Sow seed outdoors in a spare piece of ground or nursery bed. Prepare the ground well and rake to a fine tilth before sowing 12mm (1/2") deep, in rows 30cm (12in) apart.

Thin out plants to 15–30cm (6–12in) apart to get plants large enough for transplanting in autumn. Alternatively mix the seed with another annual wild flower and scatter thinly when sowing your wild flower border or meadow. Thin out as necessary. Plants will self seed in following years after flowering. Space the plants 30cm (12in) apart in full sun or part shade.

#### Larkspur – Giant Imperial Mixed



When: March – May Where: Full sun Care: Water well until plants are established Flowers: June – August

**How:** Best sown where they are to flower in spring, or late summer/early autumn for overwintering. Sow 3mm (1/8in) deep in rows 30cm (12in) apart in well cultivated soil which has been raked to a fine tilth. Thin out the seedlings to 23cm (9in) apart. They will grow best in sun and in deep rich, moist yet well drained soil.

#### Lettuce – Lollo Rossa



When: March - AugustWhere: Full Sun / Partial ShadeCare: Water lettuce frequently and hoe between plants regularly toprevent weeds from establishing. Dry weather may cause heads oflettuce plants to bolt so watering is particularly critical during the 2weeks before harvesting. Harvest lettuce when required by pullingup the entire plant before trimming off the stem with a knife.

#### Harvest: June - October

How: Direct sow lettuce seeds outdoors from March to August into well prepared, fertile, moist soil in sun or semi shade. Sow seeds

thinly at a depth of 1cm (1/2") in drills 30cm (12") apart in soil which has been raked to a fine tilth. When large enough to handle, thin out seedlings to 30cm (12") apart and cover with a protective netting or fleece to prevent attack from birds and insects. Make regular sowings for a constant supply.

#### Mizuna – Green



When: All year round Where: Mizuna can be grown in the ground or in pots. Choose a spot with some shade and keep watered. Avoid sunny, dry conditions which may cause it to bolt, resulting in unpleasantly bitter leaves.

**Care:** Mizuna is very tolerant of cool and damp conditions, most varieties do best in shade in summer. It needs a moist soil, as dry conditions could cause the plant to bolt, which means that it flowers early which can result in unpleasantly bitter tasting leaves.

Flowers: Pick the young leaves as soon as they are large enough. Add them to salads. Alternatively, leave them to mature and gently

steam the leaves or add to stir-fries. You can also allow the plant to fully grow and harvest the full rosette after six to eight weeks.

**How:** Sow seeds under cover in autumn and winter and outdoors in spring and summer. It can be grown as a cut-and-come-again salad, or you can also allow the leaves to mature.

#### Mizuna – Red



#### When: All year round Where: Full sun

**Care:** The plant is renowned for growing quickly, so keeping it hydrated by watering every second day (even in winter when temperatures and evaporation are low) is advisable.

**How:** From June to October, red mizuna grew without fuss and with so much productivity. At a time when the cold weather can be a formidable foe for many edible plants, the winter thermostat seemed to suit red mizuna. propagate them in a mini greenhouse so that they're nicely incubated in the earliest weeks.

Keep the soil damp and expect germination to be quick – usually within a week.

### Morning Glory – Split Personality



When: March – May Where: Prefers a sunny, sheltered, warm site

Care: Remove spent flowers regularly Flowers: July - September

**How:** Sow March to May. Soak seeds overnight in cold water before sowing. Germinate at 20–30C (68–86F) on the surface of a free draining, damp seed compost. Cover with a layer of compost, 6mm (0.25in) deep. Place in a propagator or seal container in a polythene bag until after germination which takes 10–21 days. Do not exclude light as this helps germination.

Transplant when large enough to handle into 13cm (5in) pots. Grow on in cooler, well-lit conditions for 10–15 days before planting out after all risk of frost, 30cm (12in) apart. For pot plants, plant into loambased soil in 20cm (8in) pots. Grow on with plenty of light, but shade from direct sun.

### Nigella – Midnight



When: March - AprilWhere: Full sunCare: Water them regularly until plants are fully established. Fadedflowers can be left in place for decorative seed pods.

Flowers: Flowers: June - September

**How:** Direct sow Nigella seeds outdoors where they are to grow from April to May. Choose a position in full sun on well drained soil which has been raked to a fine tilth. Sow seeds thinly, at a depth of 1cm (1/2") and cover seed with its own depth of soil to exclude light. Water the ground regularly, especially during dry periods. Germination usually takes 14–30 days. When Love in a mist seedlings

are large enough to handle, thin them out to 30cm (12") apart. Alternatively, sow Nigella indoors from March to April at a temperature of 18–29C (65–85F). When seedlings are large enough to handle, transplant and grow them on in cooler conditions until large enough to plant outdoors.

#### Okra – Clemson Spineless



When: February – April Where: Heated propagator/Greenhouse Care: 'Pinch out' the growing tip when it reaches 25cm high to encourage the plant to bush out. Whilst the okra plant is getting established feed with a General Purpose fertiliser & when the first flowers/pods begin to form follow on with a high potash fertiliser (tomato feed) every 2 weeks.

Harvest: July - September

**How:** Sow seed on a tray/pot of moist compost and cover with 0.5mm of compost. Water carefully, cover & keep at between 18–21C

(maintain this temperature throughout the life of the plant).Germination usually takes between 7-25 days. When seedlings have 2 true leaves, transplant into 9-10cm pots. Pot on again when the roots nearly fill the pot either into a 25cm pot or into greenhouse soil 40-45cm apart.

#### Parsley (Wild) – Plain Leafed



When: March – July Where: well prepared seedbed in full sun or partial shade

**Care:** Feed & water regularly. Harvest leaves regularly to encourage fresh new growth. Parsley is biennial and will require replacing after the second season once it begins to flower and produce seed.

Harvest: June - September

**How:** Sow seeds thinly at a depth of 1cm (1/2") in drills 30cm apart. Parsley seeds are very slow to germinate taking up to 28 days, especially in wet, cold soils. Seeds can also be sown indoors or under

glass from August to February for fresh leaves all year round. Sow into 7.5cm (3") pots of freedraining seed compost, maintaining a temperature of 18–21C (65–70F) until after germination. When large enough to handle, thin out seedlings to 23cm (9") apart. Gradually acclimatise parsley plants to outdoor conditions over 7 – 10 days before planting outdoors when risk of frost has passed.

## Parsnip – Hollow Crown



When: Mid-March to May Where: Open, sunny site

Care: Keep the soil evenly moist to prevent roots splitting

Harvest: September - February

**How:** Sow thinly direct into the growing site 2cm (<sup>3</sup>/<sub>4</sub>") deep in rows 45cm (18in) apart. Try to choose a stone free tilth growing site. Parsnips can take up to 8 weeks to germinate depending on soil temperatures.

**How:** You are better to delay sowings if soils are wet and cold. Hoe regularly, taking care not to damage the crown of the root.

#### Parsnip – Tender & True



When: April - May

Where: Open, sunny site

Care: Keep the soil evenly moist to prevent roots splitting

Harvest: October - January

**How:** Sow thinly direct into the growing site 2cm (<sup>3</sup>/<sub>4</sub>") deep in rows 45cm (18in) apart. Try to choose a stone free tilth growing site. Parsnips can take up to 8 weeks to germinate depending on soil temperatures. You are better to delay sowings if soils are wet and cold.

Do not transplant seedlings. As soon as seedlings appear, they should be gradually thinned until plants are 10cm (4in) apart. Hoe regularly, taking care not to damage the crown of the root.

#### Pepper – green house plant



When: Late April – Mid May Where: greenhouse well-ventilated and put up shading in summer

**Care:** It is best to harvest peppers using scissors, a sharp knife, or similar tool, to prevent the more delicate parts of the plant from breaking when you pull on the peppers themselves.

Flowers: mid-summer into autumn

**How:** Peppers love rich soil with enough calcium and phosphorous. Ideal pH is between 7.0 and 7.0. Ideal soil temperatures hover around 21°C. Add some fertiliser as soon as first fruits appear, but don't overdo it or the plant will not produce adequate fruit at all.

#### **Poppy - Iceland Mixed**



When: Feb – April, August /Sep Where: Full sun

**Care:** Feed and water frequently throughout the summer. When growing icelandic poppies, deadhead faded poppy flowers regularly to encourage more blooms to be produced.

Flowers: May - August

**How:** Sow Icelandic poppy seeds in late summer from August to September, or in Spring from February to April. Sow poppy seed on the surface of a free draining, damp seed compost and cover with a

very fine sprinkling of vermiculite. Place in a propagator or seal container inside a polythene bag at a temperature of around 18–20C (64–68F), until after germination which usually takes 14–30 days. Do not exclude light as this helps germination. When large enough to handle, transplant poppy seedlings into 7.5cm (3") pots or module trays. Grow on in cool, well lit conditions. When poppy plants are well grown, gradually acclimatise them to outdoor conditions for 7–10 days before planting outdoors. Plant poppies at a distance of 30cm (12") apart in a sunny position, on fertile, well-drained soil. Later sowings can be overwintered in a cold frame and planted out the following spring.

#### Salpiglossis – Bolero Mixed



When: February - April Where: Full SunCare: Keep soil moist and thin as necessaryFlowers: June - September

**How:** Sow in trays, pots, etc of good seed compost in a propagator or warm place to maintain an optimum temperature of 70–75F (20– 25C). Sow in well drained compost, just covering the seed with compost, but do not exclude light, which is beneficial to germination. Sow Mid–January to Mid–March. Germination usually takes 14–30 days.

Transplant seedlings when large enough to handle. Harden off and plant out when all risk of frost has passed 30cm (12in) apart in full sun. Prefers a rich, light, well-drained soil. To grow in the greenhouse, pot up into 13cm (5in) pots.

### Schizanthus – Angel Wings Mixed



When: February – April

Where: Partial Sun

Care: Prefers a sheltered sunny site and a moist, well-drained soil.

Flowers: June - September

**How:** Sow Schizanthus seeds in trays, pots, etc of good seed compost in a propagator or warm place to maintain an optimum temperature of 55–60F (13–15C). Surface sow. After sowing, do not exclude light as this helps germination. Sow March-April or August-September for overwintering. Germination usually takes 14–30 days.

Transplant seedlings when large enough to handle. Harden off and plant out when all risk of frost has passed 30cm (12in) apart.

#### Sugar Pod Reas – Oregon



When: March – June

Where: Full sun

**Care:** Support Mangetout plants with twiggy sticks, wire or netting as they grow, use fine netting to protect pea crops from birds and pea moth damage. Regular and thorough watering will improve crop yields. Harvest edible podded peas around 12–13 weeks after sowing just as the peas inside start to form. Regular picking will encourage further cropping.

Harvest: June - September

**How:** Direct sow Mangetout peas outdoors from March to June, once the soil as warmed. Choose a weed-free position on moist, fertile, well drained soil in full sun. Sow Mangetout seed in flat bottomed drills at a distance of 5cm (2") apart, and 4cm (11/2") deep. Allow a distance of 75cm (30") between rows. For successional crops, sow Mangetout peas every 10 days.

#### Sunflower



When: March - MayWhere: Full sun

**Care:** Sunflowers need about an inch of water per week, from either rain or watering and full sun. When they are still small you can weed around them so they don't have to fight for resources. Once they get bigger, they will overshadow any weeds below them.

Flowers: July - September

**How:** Plant the flower seeds 6" apart in rows 3–4 feet apart. Larger seeds should be covered with 1" of soil while smaller seeds only

need to be covered with 1/2" of soil. In 5–10 days, the seeds will germinate. If you are planting a large type of sunflower, thin sunflower seedlings so that one plant left every 2–3 feet. For smaller varieties, one foot apart is good. The seedlings can be spaced closer to form a tight row or hedge; however the flowers will be smaller when they don't have as much space to spread out.

#### Sweet Corn



#### When: April – August

**Care:** Regular watering is important once the cobs start to form. The cobs are ready to be harvested when the tassels or silks at the end turn brown. To check if they are ready, you can ease back some husk and squeeze a kernel to see if the juice is milky. If so, it is ready. Pick as close to cooking time as possible for the sweetest flavoured corn.

Harvest: August - September

**How:** Pot raised seedlings should be gradually hardened off in a cold frame before transplanting into the plot once all risk of frost has

passed. Plant in blocks, spacing plants 45cm (18in) apart each way to aid pollination by wind.

#### Viola – Comedy Mix



When: February – March

Where: Sun or semi shade

**Care:** Feed and water frequently to promote an endless supply of flowers. Deadhead faded pansy flowers before they set seed to prolong the flowering period

Flowers: March – August

**How:** Place the seed tray in a propagator at a temperature of 15–20C (59–68F) or seal it inside a polythene bag. Keep the soil damp but not wet. Take care not to provide too high a temperature, as this

can prevent germination. Do not exclude light as this aids germination which usually takes 14–21 days.

#### Wildflowers



When: March – April, August – October Where: Partial Shade

**Care:** Water the ground immediately after sowing and regularly thereafter, until the seed have germinated, and young plants are well established.

Flowers: May - September

**How:** scatter packs can be sown directly from the box to your garden soil, without the need pot potting on. Shake well before opening. Direct sow from March to June for flowering in the same year, or September to November for flowering in the following spring

and early summer. Prepare the soil in full sun or semi shade, on fertile, well-drained soil. The soil should be dug over and raked to a fine tilth, removing large stones and weeds.

Sow seeds by scattering them across the prepared area at a rate of 25–30g per m2 (around 8 tablespoons).

## Please don't forget to donate the seeds from your garden to share the joy of nurturing the nature!

## Contact us at: <u>library.lynfield@bdct.nhs.uk</u>

