

Sowing your seeds



The seeds in your welcome pack can be sown outdoors in late Spring, but depending on your local climate you may wish to start your seeds off indoors or under cover to keep them warm. Sowing in pots or trays will also make them easier to pot on or share with your community later!

1

Fill your seed tray or pots with peat-free compost, and tap it gently on the work surface to remove any large air pockets. Use the flat of your hand to strike off excess compost and level the surface.

2

Empty the seed packet into your palm or a shallow dish – small seeds can usually be scattered thinly and evenly over the compost. Large seeds can be picked up and sown individually. Lightly cover your seeds with compost – check your seed packet for the recommended sowing depth.

3

Gently water your seeds after sowing with a watering can – or stand your pots in water to soak up moisture from below, removing once the compost is thoroughly damp.

4

Remember to make a note of what you have sown where! Place a plant label in each tray or pot, with the name of the plant and the date of sowing. You can also use your Grow With It wall chart to make a note of key dates in your plants' life cycle.



Once you've sown your seeds, you are ready to enter your data on the Grow With It map!

Head to rhs.org.uk/growwithit or scan the QR code

