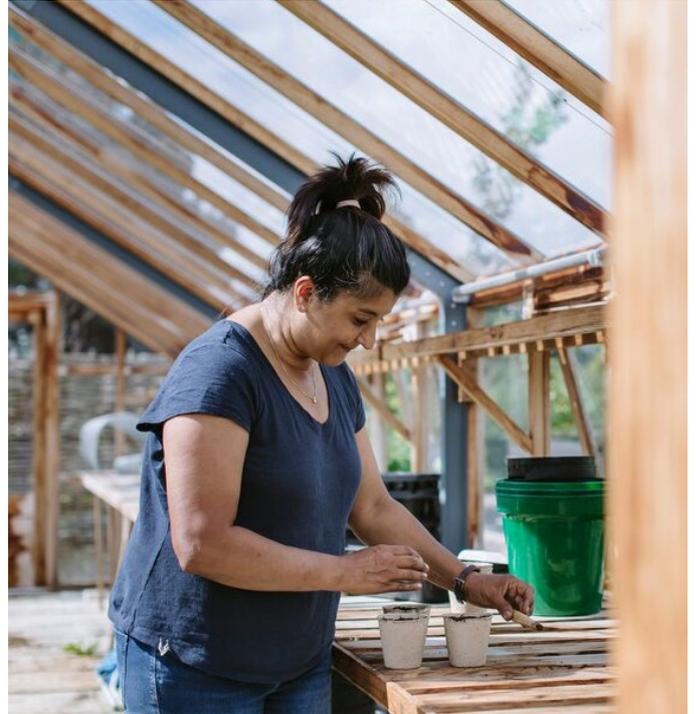


Sowing your seeds

Are you new to growing, or need a refresher to pass on your knowledge to your community? The Big Seed Sow is a fantastic starting point for beginner gardeners.

Sowing seeds indoors is a great way to get your plants off to an early start and give them the protection they need from cold weather or pests.



Where to sow?

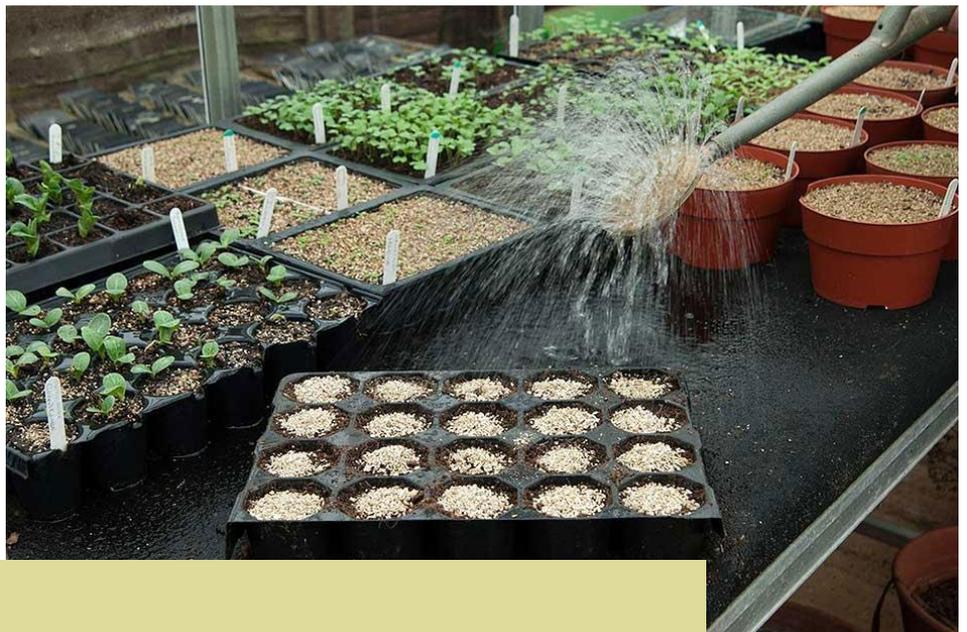
- You can sow your seeds into seed trays or small pots, or use recycled materials such as yoghurt pots, fruit punnets or pots made from newspaper.
- Fill your containers with peat-free seed compost and firm it down gently.
- Smaller seeds will often need to be scattered, while larger seeds can be pressed into the compost at recommended spacing.
- Most seeds should then be covered with a fine layer of compost – but check your seed packet for guidance on this.

Top tip

Large seeds, like sunflowers, can be sown individually in modules or small pots, while smaller seeds are best sown in shallow seed trays.

What next?

- Gently water your seeds after sowing. You could do this with a watering can, or by sitting the pots in a tray of water to soak up moisture from the bottom.
- After you've sown your seeds, they need to be placed in a warm, sunny spot – like a greenhouse, a bright windowsill, a conservatory or enclosed porch.
- Remember to label your seeds, so you know what you've sown and when.
- You might need to cover your seed trays with a clear lid or plastic bag to keep heat and moisture in. (Most seeds need a temperature of about 18°C for germination, unless the seed packet states otherwise.)
- After seedlings appear, remove the bag or lid – remember to water regularly to keep the soil moist.
- Once your seedlings have at least two pairs of leaves, they can be 'pricked out' into individual pots or modules. This makes sure they have enough space to keep growing.



Top tip

Keep your seed packets to hand after sowing, so you can refer to them later. They contain useful information such as how long germination takes, when to transplant outside and recommended planting positions.