

TEAR IT, PLANT IT, GROW IT

SEEDSTICKS®  
BY SOW EASY

# BLOOMING FLOWER SEEDS



HELLO@SEEDSTICKS.CO.UK | SEEDSTICKS.CO.UK

# SEED NAME

## ENGLISH

1. Baby's Breath - white
2. Baby's Breath - Pink
3. Canterbury Bells
4. Corncockle
5. Virginia Stock
6. May Queen
7. Alaska - Shasta Daisy
8. Ox-eye Daisy
9. Coreopsis
10. Livingstone Daisy
11. Gilia
12. Sweet Alyssum
13. Love Lies Bleeding
14. Sweet William
15. California Poppy - Orange King
16. California Poppy - Mixed
17. Chamomile
18. Corn Marigold
19. Sunflower (Piccolo)
20. Love-in-a-Mist

## LATIN / BOTANICAL

- *Gypsophila elegans*
- *Gypsophila elegans*
- *Campanula medium*
- *Agrostemma*
- *Malcolmia maritima*
- *Chrysanthemum leucanthemum*
- *Chrysanthemum leucanthemum*
- *Leucanthemum vulgare*
- *Coreopsis tinctoria*
- *Mesembryanthemum*
- *Gilia capitata*
- *Lobularia maritima*
- *Amaranthus caudatus*
- *Dianthus barbatus*
- *Eschscholzia*
- *Eschscholzia*
- *Matricaria chamomilla*
- *Glebionis segetum*
- *Helianthus debilis*
- *Nigella damascena*

# SEED NAME

## ENGLISH

21. Shirley Red Poppy
22. Forget-Me-Not
23. Lavender
24. Wallflower Crown Bedder Mix
25. Larkspur Sublime Mix
26. Common Daisy
27. Snap Dragon
28. Scarlet Peony
29. White Clover
30. Cornflower

## LATIN / BOTANICAL

- *Papaver rhoeas*
- *Myosotis sylvatica*
- *Lavandula angustifolia*
- *Chieranthus*
- *Delphinium*
- *Bellis perennis*
- *Antirrhinum*
- *Papaver somniferum*
- *Trifolium repens*
- *Centaurea cyanus*

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# ABOUT US

Founded in 1988, Sow Easy is a second-generation family business based in South Buckinghamshire. We believe growing should be simple, sustainable and joyful. From kitchens and offices to classrooms and windowsills, we create clever little growing gifts that inspire anyone to get hands-on with nature – no green thumb required.

Our signature Seedsticks<sup>®</sup> make sowing effortless: pre-measured seeds, responsibly sourced paper and compact formats that fit modern life. Every product is Made in Britain certified at our SMETA 4-Pillar audited factory, with sustainability and ethical production at the heart of what we do.

Whether you're gifting, promoting a brand, or growing for your own home cooking, our mission is the same: to help people connect with plants, discover the thrill of growing from seed, and keep on growing, season after season.

Keep growing!

Sow Easy

# ATTRACTION GUIDE



**Birds**



**Bees**



**Butterflies**



**Other Pollinators**

Plants that attract pollinators help support biodiversity and a healthy garden ecosystem.

# GROW & SOW GUIDE



## Height

IT: Altezza

FR: Hauteur

DE: Wuchshöhe

ES: Altura



## Spread

IT: Distribuzione

FR: Étalement

DE: Wuchsbreite

ES: Cobertura



## Full Sun

IT: Pieno Sole

FR: Plein soleil

DE: Vollsonnig

ES: Posición soleada



## Part Shade

IT: Ombra parziale

FR: Mi-ombre

DE: Halbschattig

ES: Sombra parcial

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BY HAYSTACK

GYPSOPHILA ELEGANS

# BABY'S BREATH-WHITE

DELICATE WHITE FLOWERS THAT CREATE A SOFT, AIRY DISPLAY. POPULAR IN BOUQUETS AND LOVED BY POLLINATING INSECTS.

**ATTRACTION:** Bees, Butterflies & Other Pollinators

**FLOWER HEIGHT:** Grows to 40-60 cm

**SPREAD:** 30-40 cm

**INDOOR SOWING MONTHS:** Mar-Apr

**UK OUTDOOR SOWING MONTHS:** Apr-May

**LIGHT REQUIREMENT:** Full sun

**GOOD FOR CONTAINERS:** Yes



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GYPSOPHILA ELEGANS

# BABY'S BREATH PINK

DELICATE PINK FLOWERS THAT CREATE A SOFT, AIRY DISPLAY. POPULAR IN BOUQUETS AND LOVED BY POLLINATING INSECTS.

**ATTRACTION:** Bees, Butterflies & Other Pollinators

**FLOWER HEIGHT:** Grows to 40-60 cm

**SPREAD:** 30-40 cm

**INDOOR SOWING MONTHS:** Mar-Apr

**UK OUTDOOR SOWING MONTHS:** Apr-May

**LIGHT REQUIREMENT:** Full sun

**GOOD FOR CONTAINERS:** Yes



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CAMPANULA MEDIUM

# CANTERBURY BELLS

**BELL-SHAPED FLOWERS IN PASTEL SHADES THAT ADD HEIGHT AND CHARM. A TRADITIONAL BIENNIAL FOR BORDERS AND CUTTING.**

**ATTRACTION:** Bees, Butterflies & Other Pollinators

**FLOWER HEIGHT:** Grows to 60–90 cm

**SPREAD:** 30–45 cm

**INDOOR SOWING MONTHS:** Feb–Mar

**UK OUTDOOR SOWING MONTHS:** May–Jun

**LIGHT REQUIREMENT:** Full sun / Partial shade

**GOOD FOR CONTAINERS:** Yes (large containers)



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AGROSTEMMA

# CORNCOCKLE

OPEN, STAR-SHAPED FLOWERS IN SOFT PINK TO MAUVE SHADES. A CLASSIC ANNUAL FOR WILDFLOWER MEADOWS, BORDERS, AND CUTTING.

**ATTRACTION:** Bees, Butterflies & Other Pollinators

**FLOWER HEIGHT:** Grows to 60–90 cm

**SPREAD:** 20–30 cm

**INDOOR SOWING MONTHS:** Feb–Mar

**UK OUTDOOR SOWING MONTHS:** May–Jun

**LIGHT REQUIREMENT:** Full sun

**GOOD FOR CONTAINERS:** Yes



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MALCOLMIA MARITIMA

# VIRGINIA STOCK

**FAST-GROWING, SWEETLY SCENTED FLOWERS THAT BLOOM QUICKLY FROM SEED. PERFECT FOR POTS, EDGING, AND EARLY COLOUR.**

**ATTRACTION:** Bees, Butterflies & Other Pollinators

**FLOWER HEIGHT:** Grows to 15–30 cm

**SPREAD:** 20–30 cm

**INDOOR SOWING MONTHS:** Feb–Mar

**UK OUTDOOR SOWING MONTHS:** Mar–Jun

**LIGHT REQUIREMENT:** Full sun

**GOOD FOR CONTAINERS:** Yes



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## CHRYSANTHEMUM LEUCANTHEMUM

# MAY QUEEN

**CHEERFUL WHITE DAISIES WITH YELLOW CENTRES, IDEAL FOR WILDLIFE GARDENS. LONG FLOWERING AND VERY EASY TO GROW.**

**ATTRACTION:** Bees, Butterflies & Other Pollinators

**FLOWER HEIGHT:** Grows to 40-80 cm

**SPREAD:** 20-30 cm

**INDOOR SOWING MONTHS:** Feb-Mar

**UK OUTDOOR SOWING MONTHS:** Apr-Jun

**LIGHT REQUIREMENT:** Full sun / Partial shade

**GOOD FOR CONTAINERS:** Yes



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CHRYSANTHEMUM LEUCANTHEMUM

# ALASKA – SHASTA DAISY

**LARGE, SHOWY DAISY FLOWERS ON STRONG STEMS. A RELIABLE PERENNIAL FOR CUTTING AND GARDEN BORDERS.**

**ATTRACTION:** Bees, Butterflies & Other Pollinators

**FLOWER HEIGHT:** Grows to 70–100 cm

**SPREAD:** 45–60 cm

**INDOOR SOWING MONTHS:** Feb–Mar

**UK OUTDOOR SOWING MONTHS:** Apr–Jun

**LIGHT REQUIREMENT:** Full sun

**GOOD FOR CONTAINERS:** No



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LEUCANTHEMUM VULGARE

# OX-EYE DAISY

CHEERFUL WHITE DAISIES WITH YELLOW CENTRES,  
IDEAL FOR WILDLIFE GARDENS. LONG FLOWERING  
AND VERY EASY TO GROW.

**ATTRACTION:** Bees, Butterflies & Other Pollinators

**FLOWER HEIGHT:** Grows to 60-90 cm

**SPREAD:** 45-60 cm

**INDOOR SOWING MONTHS:** Feb-Mar

**UK OUTDOOR SOWING MONTHS:** Apr-Jun

**LIGHT REQUIREMENT:** Full sun

**GOOD FOR CONTAINERS:** No



## COREOPSIS TINCTORIA

# COREOPSIS

**BRIGHT, CHEERFUL FLOWERS IN WARM YELLOW AND RED TONES. EXCELLENT FOR SUMMER COLOUR AND POLLINATORS.**

**ATTRACTION:** Bees, Butterflies & Other Pollinators

**FLOWER HEIGHT:** Grows to 45-75 cm

**SPREAD:** 30-45 cm

**INDOOR SOWING MONTHS:** Mar-Apr

**UK OUTDOOR SOWING MONTHS:** Apr-May

**LIGHT REQUIREMENT:** Full sun

**GOOD FOR CONTAINERS:** Yes (large containers)



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MESEMBRYANTHEMUM

# LIVINGSTONE DAISY

LOW-GROWING PLANTS WITH VIBRANT, JEWEL-LIKE FLOWERS. THRIVE IN SUNNY SPOTS AND CONTAINERS.

**ATTRACTION:** Bees & Butterflies

**FLOWER HEIGHT:** Grows to 10–15 cm

**SPREAD:** 20–30 cm

**INDOOR SOWING MONTHS:** Mar–Apr

**UK OUTDOOR SOWING MONTHS:** May–Jun

**LIGHT REQUIREMENT:** Full sun

**GOOD FOR CONTAINERS:** Yes



## GILIA CAPITATA

# GILIA

**FINE, DELICATE FLOWERS OFTEN IN BLUE SHADES. ATTRACTIVE TO BEES AND BUTTERFLIES AND IDEAL FOR MEADOW PLANTING.**

**ATTRACTION:** Bees, Butterflies & Other Pollinators

**FLOWER HEIGHT:** Grows to 30–60 cm

**SPREAD:** 30–45 cm

**INDOOR SOWING MONTHS:** Mar–Apr

**UK OUTDOOR SOWING MONTHS:** Apr–May

**LIGHT REQUIREMENT:** Full sun

**GOOD FOR CONTAINERS:** Yes (large containers)



LOBULARIA MARITIMA

# SWEET ALYSSUM

**MASSES OF TINY, HONEY-SCENTED FLOWERS THAT SPREAD GENTLY. GREAT FOR GROUND COVER AND ATTRACTING BENEFICIAL INSECTS.**

**ATTRACTION:** Bees, Butterflies & Other Pollinators

**FLOWER HEIGHT:** Grows to 10–20 cm

**SPREAD:** 20–30 cm

**INDOOR SOWING MONTHS:** Feb–Mar

**UK OUTDOOR SOWING MONTHS:** Mar–Jun

**LIGHT REQUIREMENT:** Full sun / Partial shade

**GOOD FOR CONTAINERS:** Yes



## AMARANTHUS CAUDATUS

# LOVE LIES BLEEDING

LOVE LIES BLEEDING (AMARANTHUS CAUDATUS) IS A STRIKING, FAST-GROWING ANNUAL KNOWN FOR ITS LONG, CASCADING TASSELS OF DEEP CRIMSON FLOWERS THAT TRAIL DRAMATICALLY FROM TALL STEMS. BLOOMING THROUGH SUMMER INTO EARLY AUTUMN, IT ADDS BOLD HEIGHT, TEXTURE, AND RICH COLOUR TO BORDERS AND CUTTING GARDENS AND IS EXCELLENT FOR DRYING AS WELL AS FRESH ARRANGEMENTS.

**ATTRACTION:** Birds & Other Pollinators

**FLOWER HEIGHT:** Grows to 90-150 cm

**SPREAD:** 30-45 cm

**INDOOR SOWING MONTHS:** Mar-Apr

**UK OUTDOOR SOWING MONTHS:** May-Jun

**LIGHT REQUIREMENT:** Full sun

**GOOD FOR CONTAINERS:** Yes



DIANTHUS BARBATUS

# SWEET WILLIAM

CLUSTERS OF RICHLY COLOURED, OFTEN SCENTED FLOWERS. A COTTAGE GARDEN FAVOURITE FOR BORDERS AND BOUQUETS.

**ATTRACTION:** Bees & Butterflies

**FLOWER HEIGHT:** Grows to 30–60 cm

**SPREAD:** 30–45 cm

**INDOOR SOWING MONTHS:** Feb–Mar

**UK OUTDOOR SOWING MONTHS:** May–Jun

**LIGHT REQUIREMENT:** Full sun

**GOOD FOR CONTAINERS:** Yes



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ESCHSCHOLZIA

# CALIFORNIA POPPY- ORANGE KING

VIVID ORANGE, PAPERY FLOWERS THAT CREATE STRIKING DISPLAYS. EASY TO GROW AND IDEAL FOR MEADOWS.

**ATTRACTION:** Bees & Other Pollinators

**FLOWER HEIGHT:** Grows to 40-70 cm

**SPREAD:** 20-30 cm

**INDOOR SOWING MONTHS:** Feb-Mar

**UK OUTDOOR SOWING MONTHS:** May-Jun

**LIGHT REQUIREMENT:** Full sun

**GOOD FOR CONTAINERS:** Yes (large containers)



ESCHSCHOLZIA

# CALIFORNIA POPPY MIXED

**BRIGHT, FREE-FLOWERING ANNUAL PRODUCING SILKY, CUP-SHAPED BLOOMS IN A VIBRANT MIX OF COLOURS. EASY TO GROW AND IDEAL FOR BORDERS, WILDFLOWER GARDENS AND CONTAINERS. DROUGHT TOLERANT ONCE ESTABLISHED AND HIGHLY ATTRACTIVE TO POLLINATORS.**

**ATTRACTION:** Bees & Other Pollinators

**FLOWER HEIGHT:** Grows to 40-70 cm

**SPREAD:** 20-30 cm

**INDOOR SOWING MONTHS:** Feb-Mar

**UK OUTDOOR SOWING MONTHS:** May-Jun

**LIGHT REQUIREMENT:** Full sun

**GOOD FOR CONTAINERS:** Yes (large containers)



## MATRICARIA CHAMOMILLA

# CHAMOMILE

**DAISY-LIKE FLOWERS WITH A GENTLE APPLE SCENT. TRADITIONALLY GROWN FOR HERBAL TEAS AND WILDLIFE GARDENS.**

**ATTRACTION:** Bees, Butterflies & Other Pollinators

**FLOWER HEIGHT:** Grows to 20–50 cm

**SPREAD:** 30–45 cm

**INDOOR SOWING MONTHS:** Mar–Apr

**UK OUTDOOR SOWING MONTHS:** Apr–May

**LIGHT REQUIREMENT:** Full sun

**GOOD FOR CONTAINERS:** Yes



GLEBIONIS SEGETUM

# CORN MARIGOLD

**BRIGHT YELLOW WILDFLOWERS THAT BRING BOLD COLOUR TO MEADOWS. EXCELLENT FOR POLLINATORS.**

**ATTRACTION:** Bees, Butterflies & Other Pollinators

**FLOWER HEIGHT:** Grows to 30–60 cm

**SPREAD:** 20–30 cm

**INDOOR SOWING MONTHS:** Mar–Apr

**UK OUTDOOR SOWING MONTHS:** Apr–May

**LIGHT REQUIREMENT:** Full sun

**GOOD FOR CONTAINERS:** Yes (large containers)



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HELIANTHUS DEBILIS

# SUNFLOWER (PICCOLO)

COMPACT SUNFLOWER VARIETY WITH SMALLER SEEDS. PRODUCES CHEERFUL BLOOMS LOVED BY BEES, BUTTERFLIES AND BIRDS.

**ATTRACTION:** Bees, Butterflies & Birds

**FLOWER HEIGHT:** Grows to 40-60 cm

**SPREAD:** 30-40 cm

**INDOOR SOWING MONTHS:** Apr

**UK OUTDOOR SOWING MONTHS:** Apr-May

**LIGHT REQUIREMENT:** Full sun

**GOOD FOR CONTAINERS:** No



## NIGELLA DAMASCENA

# LOVE-IN-A-MIST

DELICATE FLOWERS SURROUNDED BY FEATHERY FOLIAGE. ALSO VALUED FOR ITS DECORATIVE SEED PODS.

**ATTRACTION:** Bees & Other Pollinators

**FLOWER HEIGHT:** Grows to 30-50 cm

**SPREAD:** 20-30 cm

**INDOOR SOWING MONTHS:** Feb-Mar

**UK OUTDOOR SOWING MONTHS:** Mar-May

**LIGHT REQUIREMENT:** Full sun

**GOOD FOR CONTAINERS:** Yes (large containers)



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PAPAVER RHOEAS

# SHIRLEY RED POPPY

VIVID RED, PAPERY FLOWERS THAT CREATE STRIKING DISPLAYS. EASY TO GROW AND IDEAL FOR MEADOWS.

**ATTRACTION:** Bees, Butterflies & Other Pollinators

**FLOWER HEIGHT:** Grows to 60-90 cm

**SPREAD:** 30-45 cm

**INDOOR SOWING MONTHS:** Feb-Mar

**UK OUTDOOR SOWING MONTHS:** Mar-May/Aug-Sep

**LIGHT REQUIREMENT:** Full sun

**GOOD FOR CONTAINERS:** Yes (large containers)



MYOSOTIS SYLVATICA

# FORGET-ME-NOT

TINY BLUE FLOWERS THAT SELF-SEED FREELY.  
PERFECT FOR SPRING COLOUR AND WILDLIFE  
GARDENS.

**ATTRACTION:** Bees & Butterflies

**FLOWER HEIGHT:** Grows to 15–30 cm

**SPREAD:** 20–30 cm

**INDOOR SOWING MONTHS:** May–Jun

**UK OUTDOOR SOWING MONTHS:** Aug–Sep

**LIGHT REQUIREMENT:** Partial shade

**GOOD FOR CONTAINERS:** Yes



## LAVANDULA ANGUSTIFOLIA

# LAVENDER

HIGHLY FRAGRANT PURPLE FLOWERS ON EVERGREEN PLANTS. A FAVOURITE WITH BEES AND EXCELLENT FOR DRYING.

**ATTRACTION:** Bees & Butterflies

**FLOWER HEIGHT:** Grows to 40–60 cm

**SPREAD:** 40–60 cm

**INDOOR SOWING MONTHS:** Feb–Mar

**UK OUTDOOR SOWING MONTHS:** May–Jun

**LIGHT REQUIREMENT:** Full sun

**GOOD FOR CONTAINERS:** Yes



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CHIERANTHUS

# WALLFLOWER CROWN BEDDER MIX

WALLFLOWER (ERYSIMUM CHEIRI) IS A WONDERFULLY FRAGRANT, SPRING-FLOWERING PLANT PRIZED FOR ITS CLUSTERS OF VELVETY BLOOMS IN WARM SHADES OF GOLD, ORANGE, CRIMSON, AND BURGUNDY.

**ATTRACTION:** Bees & Other Pollinators

**FLOWER HEIGHT:** Grows to 20-30 cm

**SPREAD:** 15-20 cm

**INDOOR SOWING MONTHS:** Feb-Apr

**UK OUTDOOR SOWING MONTHS :** May-Jun / Aug-Sep

**LIGHT REQUIREMENT:** Full sun / Partial shade

**GOOD FOR CONTAINERS:** Yes



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DELPHINIUM

# LARKSPUR SUBLIME MIX

CHEERFUL, FACE-LIKE FLOWERS IN A WIDE RANGE OF COLOURS. IDEAL FOR CONTAINERS AND BEDDING DISPLAYS.

**ATTRACTION:** Bees & Other Pollinators

**FLOWER HEIGHT:** Grows to 60–100 cm

**SPREAD:** 25–30 cm

**INDOOR SOWING MONTHS:** Feb–Mar

**UK OUTDOOR SOWING MONTHS:** May–Jun

**LIGHT REQUIREMENT:** Full sun

**GOOD FOR CONTAINERS:** Yes



**BELLIS PERENNIS**

# COMMON DAISY

**LOW-GROWING DAISIES, OFTEN USED IN LAWNS AND BORDERS. TOUGH, RELIABLE, AND WILDLIFE-FRIENDLY.**

**ATTRACTION:** Bees & Butterflies

**FLOWER HEIGHT:** Grows to 10–15 cm

**SPREAD:** 15–20 cm

**INDOOR SOWING MONTHS:** Feb–Mar

**UK OUTDOOR SOWING MONTHS:** Mar–May

**LIGHT REQUIREMENT:** Full sun

**GOOD FOR CONTAINERS:** Yes (large containers)



**ANTIRRHINUM**

# SNAP DRAGON

**AN AROMATIC HERB THAT PRODUCES SMALL FLOWERS. ATTRACTIVE TO POLLINATORS AND USEFUL IN COOKING.**

**ATTRACTION:** Bees & Butterflies

**FLOWER HEIGHT:** Grows to 20-40 cm

**SPREAD:** 20-30 cm

**INDOOR SOWING MONTHS:** Mar-Apr

**UK OUTDOOR SOWING MONTHS:** May-Jun

**LIGHT REQUIREMENT:** Full sun / Partial shade

**GOOD FOR CONTAINERS:** Yes



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PAPAVER SOMNIFERUM

# SCARLET PEONY

**BOLD, STRIKING FLOWERS WITH SCENTED SILVERY LEAVES. FAST GROWING AND GREAT FOR BORDERS OR DECORATIVE USE.**

**ATTRACTION:** Bees

**FLOWER HEIGHT:** Grows to 200+ cm

**SPREAD:** 25-30 cm

**INDOOR SOWING MONTHS:** Feb-Mar

**UK OUTDOOR SOWING MONTHS:** May-Jun

**LIGHT REQUIREMENT:** Full sun

**GOOD FOR CONTAINERS:** Yes



**TRIFOLIUM REPENS**

# **WHITE CLOVER**

**LOW-GROWING PLANT WITH WHITE FLOWER HEADS.  
EXCELLENT NECTAR SOURCE AND BENEFICIAL FOR  
SOIL HEALTH.**

**ATTRACTION:** Bees & Butterflies

**FLOWER HEIGHT:** Grows to 10–25 cm

**SPREAD:** 30–50 cm

**INDOOR SOWING MONTHS:** Feb–Mar

**UK OUTDOOR SOWING MONTHS:** Mar–Sep

**LIGHT REQUIREMENT:** Full sun / Partial shade

**GOOD FOR CONTAINERS:** Yes



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CENTAUREA CYANUS

# CORNFLOWER

CLASSIC MEADOW FLOWER WITH VIVID BLUE BLOOMS. EASY TO GROW AND HIGHLY ATTRACTIVE TO BEES AND BUTTERFLIES.

**ATTRACTION:** Bees & Butterflies

**FLOWER HEIGHT:** Grows to 60-90 cm

**SPREAD:** 30-45 cm

**INDOOR SOWING MONTHS:** Feb-Mar

**UK OUTDOOR SOWING MONTHS:** Mar-Sep

**LIGHT REQUIREMENT:** Full sun

**GOOD FOR CONTAINERS:** No



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