

TEAR IT, PLANT IT, GROW IT



SEEDSTICKS®

BY SOW EASY

COCKTAIL BAR



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

SEED NAME

ENGLISH

1. Italian Basil
2. Lavender
3. Lemon Balm
4. Mint
5. Rosemary
6. Thyme

LATIN / BOTANICAL

- *Ocimum basilicum*
- *Lavandula spica*
- *Melissa officinalis*
- *Mentha x piperita*
- *Rosemarinus officinalis*
- *Thymus vulgaris*

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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® 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

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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SEEDSTICKS[®]
BY GARDEN OF EATZ

OCIMUM BASILICUM

BASIL

TENDER AROMATIC HERB IDEAL FOR POTS AND SUMMER COOKING.

HEIGHT: Grows to 30–50 cm

SPREAD: 20–30 cm

INDOOR SOWING MONTHS: Feb–May

UK OUTDOOR SOWING MONTHS: May–July

LIGHT REQUIREMENT: Full sun

GOOD FOR CONTAINERS: Yes



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SEEDSTICKS[®]
BY GARDEN OF EARTH

LAVENDULA SPICA

LAVENDER

FRAGRANT HERB WITH STRONG AROMA, GREAT FOR GARDENS & OILS.

HEIGHT: Grows to 60–90 cm

SPREAD: 60–90 cm

INDOOR SOWING MONTHS: Feb–Apr

UK OUTDOOR SOWING MONTHS: Apr–Jun

LIGHT REQUIREMENT: Full sun

GOOD FOR CONTAINERS: Yes



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SEEDSTICKS[®]
BY NATURE

MELISSA OFFICINALIS

LEMON BALM

LEMON-SCENTED LEAVES, EASY AND VIGOROUS.

HEIGHT: Grows to 40–80 cm

SPREAD: 40–60 cm

INDOOR SOWING MONTHS: Feb–May

UK OUTDOOR SOWING MONTHS: May–July

LIGHT REQUIREMENT: Full sun / Partial shade

GOOD FOR CONTAINERS: Yes



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SEEDSTICKS[®]
BY WILKINS

MENTHA × PIPERITA

MINT

STRONGLY FLAVOURED MINT, BEST IN POTS.

HEIGHT: Grows to 30–60 cm

SPREAD: 60–90 cm

INDOOR SOWING MONTHS: Feb–May

UK OUTDOOR SOWING MONTHS: May–July

LIGHT REQUIREMENT: Full sun / Partial shade

GOOD FOR CONTAINERS: Yes



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SEEDSTICKS[®]
BY NATURE

ROSEMARINUS OFFICINALIS

ROSEMARY

AROMATIC EVERGREEN HERB, IDEAL FOR COOKING.

HEIGHT: Grows to 60–120 cm

SPREAD: 60–90 cm

INDOOR SOWING MONTHS: Feb–May

UK OUTDOOR SOWING MONTHS: May–July

LIGHT REQUIREMENT: Full sun

GOOD FOR CONTAINERS: Yes (large containers)



THYMUS VULGARIS

THYME

LOW-GROWING WOODY HERB WITH FRAGRANT LEAVES.

HEIGHT: Grows to 20–30 cm

SPREAD: 30–40 cm

INDOOR SOWING MONTHS: Feb–May

UK OUTDOOR SOWING MONTHS: May–July

LIGHT REQUIREMENT: Full sun

GOOD FOR CONTAINERS: Yes



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