

TEAR IT, PLANT IT, GROW IT

SEEDSTICKS®  
BY SOW EASY

# KID'S NURSERY



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# SEED NAME

## ENGLISH

1. Early Nantes Carrot
2. Plain Cress
3. Salad Bowl Red Lettuce
4. Alpine Strawberry
5. Sunflower (Piccolo Stella)
6. Heinz 1350 Tomato

## LATIN / BOTANICAL

- *Daucus carota*
- *Lepidium sativum*
- *Lactuca sativa*
- *Fragaria vesca*
- *Helianthus californicus*
- *Solanum lycopersicum*

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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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BY HARBOR

DAUCUS CAROTA

# CARROT – EARLY NANTES

SWEET EARLY CARROT VARIETY.

**HEIGHT:** Grows to 25–30 cm

**SPREAD:** 10–15 cm

**INDOOR SOWING MONTHS:** Feb–May

**UK OUTDOOR SOWING MONTHS:** May–July

**LIGHT REQUIREMENT:** Full sun

**GOOD FOR CONTAINERS:** Yes



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BY HILARY

LEPIDIUM SATIVUM

# CRESS

VERY FAST-GROWING SALAD LEAF.

**HEIGHT:** Grows to 5–10 cm

**SPREAD:** 10–15 cm

**INDOOR SOWING MONTHS:** All year

**UK OUTDOOR SOWING MONTHS:** All year

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

**GOOD FOR CONTAINERS:** Yes



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LACTUCA SATIVA

# SALAD BOWL RED - LETTUCE

ATTRACTIVE RED LOOSE-LEAF LETTUCE.

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

**SPREAD:** 25-30 cm

**INDOOR SOWING MONTHS:** Feb-Mar

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

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

**GOOD FOR CONTAINERS:** Yes



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BY HILARY

FRAGARIA VESCA

# ALPINE STRAWBERRY

SWEET, SMALL FRUITS WITH INTENSE FLAVOUR.

**HEIGHT:** Grows to 15–30 cm

**SPREAD:** 20–30 cm

**INDOOR SOWING MONTHS:** Feb–Apr

**UK OUTDOOR SOWING MONTHS:** May–Jun

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

**GOOD FOR CONTAINERS:** Yes



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SEEDSTICKS<sup>®</sup>  
BY HILKENT

HELIANTHUS DEBILIS

# SUNFLOWER (PICCOLLO STELLA)

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



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BY HEINZ

SOLANUM LYCOPERSICUM

# TOMATO – HEINZ 1350

CLASSIC PLUM TOMATO, IDEAL FOR SAUCES.

**HEIGHT:** Grows to 90–150 cm

**SPREAD:** 45–60 cm

**INDOOR SOWING MONTHS:** Feb–Apr

**UK OUTDOOR SOWING MONTHS:** May–Jun

**LIGHT REQUIREMENT:** Full sun

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



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Sowbox

