

TEAR IT, PLANT IT, GROW IT

SEEDSTICKS®  
BY SOW EASY

# KITCHEN GARDEN SEEDS



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

# SEED NAME

## ENGLISH

1. Basil
2. Thyme
3. Dill
4. Onion – White Lisbon
5. Lemon Balm
6. Broccoli – Purple Sprouting
7. Rosemary
8. Parsley
9. Chamomile
10. Coriander
11. Peppermint
12. Chives
13. Tomato
14. Broccoli – Green
15. Carrot – Early Nantes
16. Cress
17. Onion – Rijnsburger
18. Rocket
19. Lettuce – Green
20. Lettuce – Red

## LATIN / BOTANICAL

- *Ocimum basilicum*
- *Thymus vulgaris*
- *Anethum graveolens*
- *Allium cepa*
- *Melissa officinalis*
- *Brassica oleracea var. italica*
- *Salvia rosmarinus*
- *Petroselinum crispum*
- *Matricaria chamomilla*
- *Coriandrum sativum*
- *Mentha × piperita*
- *Allium schoenoprasum*
- *Solanum lycopersicum*
- *Brassica oleracea var. italica*
- *Daucus carota subsp. sativus*
- *Lepidium sativum*
- *Allium cepa*
- *Eruca sativa*
- *Lactuca sativa*
- *Lactuca sativa*

# SEED NAME

## ENGLISH

21. Brussels Sprout
22. Turnip – Golden Ball
23. Carrot – Yellow Stone
24. Turnip – Milan Purple Top
25. Swede – Marian
26. Leek – Giant Winter
27. Celery
28. Aubergine – Long Purple
29. Kale – Dwarf Green
30. Spinach – Mustard

## LATIN / BOTANICAL

- *Brassica oleracea* var. *gemmifera*
- *Brassica rapa*
- *Daucus carota*
- *Brassica rapa*
- *Brassica napus*
- *Allium porrum*
- *Apium graveolens*
- *Solanum melongena*
- *Brassica oleracea* var. *acephala*
- *Spinacia oleracea*

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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 MARISSA

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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BY MARISSA

THYMUS VULGARIS

# THYME

**LOW-GROWING WOODY HERB WITH FRAGRANT LEAVES.**

**HEIGHT:** Grows to 20–30 cm

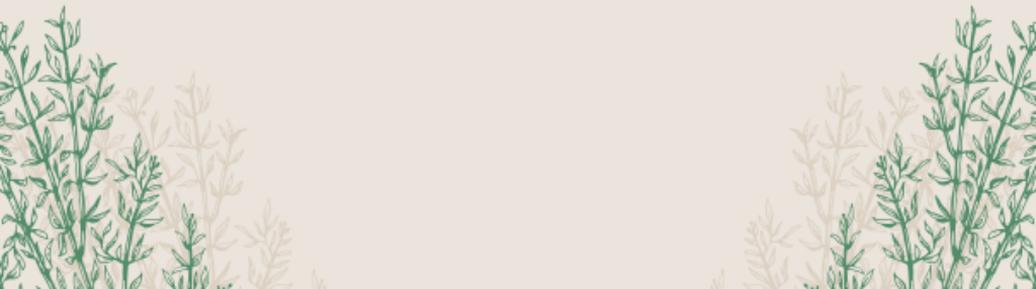
**SPREAD:** 30–40 cm

**INDOOR SOWING MONTHS:** Feb–May

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

**LIGHT REQUIREMENT:** Full sun

**GOOD FOR CONTAINERS:** Yes



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BY MARISSA

**ANETHUM GRAVEOLENS**

**DILL**

**FEATHERY HERB WITH FRESH ANISEED FLAVOUR.**

**HEIGHT:** Grows to 60–90 cm

**SPREAD:** 30–40 cm

**INDOOR SOWING MONTHS:** Feb–May

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

**LIGHT REQUIREMENT:** Full sun

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



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BY MIRA GARDEN

ALLIUM CEPA

# ONION – WHITE LISBON

QUICK-GROWING SPRING ONION VARIETY.

**HEIGHT:** Grows to 30–45 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 NINA BAIRD

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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BY MIRA GARDEN

BRASSICA OLERACEA VAR. ITALICA

# BROCCOLI – PURPLE SPROUTING

WINTER-HARDY BROCCOLI PRODUCING PURPLE  
SHOOTS.

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

**SPREAD:** 45-60 cm

**INDOOR SOWING MONTHS:** Feb-May

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

**LIGHT REQUIREMENT:** Full sun

**GOOD FOR CONTAINERS:** No



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BY MARIANNE

SALVIA ROSMARINUS

# ROSEMARY

EVERGREEN AROMATIC HERB.

**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)



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PETROSELINUM CRISPUM

# PARSLEY

VERSATILE LEAFY HERB.

**HEIGHT:** Grows to 30–40 cm

**SPREAD:** 30–40 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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BY MARISSA

MATRICARIA CHAMOMILLA

# CHAMOMILE

DAISY-LIKE FLOWERS OFTEN USED FOR TEA.

**HEIGHT:** Grows to 20–50 cm

**SPREAD:** 30–45 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 NATURE

CORIANDRUM SATIVUM

# CORIANDER

FAST-GROWING HERB FOR LEAVES AND SEEDS.

**HEIGHT:** Grows to 40–60 cm

**SPREAD:** 30–40 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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BY MARIANNE

MENTHA × PIPERITA

# PEPPERMINT

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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BY NATURE

ALLIUM SCHOENOPRASUM

# CHIVES

MILD ONION-FLAVOURED LEAVES.

**HEIGHT:** Grows to 30–40 cm

**SPREAD:** 30–40 cm

**INDOOR SOWING MONTHS:** Feb–May

**UK OUTDOOR SOWING MONTHS:** Apr–Jun

**LIGHT REQUIREMENT:** Full sun

**GOOD FOR CONTAINERS:** Yes



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BY MIRA GARDEN

SOLANUM LYCOPERSICUM

# TOMATO

POPULAR FRUITING CROP NEEDING WARMTH.

**HEIGHT:** Grows to 150–200 cm

**SPREAD:** 45–60 cm

**INDOOR SOWING MONTHS:** Feb–May

**UK OUTDOOR SOWING MONTHS:** Apr–Jun

**LIGHT REQUIREMENT:** Full sun

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



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BY GARDEN OF EATZ

BRASSICA OLERACEA VAR. ITALICA

# BROCCOLI – GREEN

NUTRITIOUS GREEN-HEADED BROCCOLI.

**HEIGHT:** Grows to 60–90 cm

**SPREAD:** 45–60 cm

**INDOOR SOWING MONTHS:** Feb–May

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

**LIGHT REQUIREMENT:** Full sun

**GOOD FOR CONTAINERS:** No



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BY MARISSA

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 NINA BAIRD

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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ALLIUM CEPA

# ONION – RIJNSBURGER

MAINCROP ONION FOR STORAGE.

**HEIGHT:** Grows to 30–45 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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ERUCA SATIVA

# ROCKET

PEPPERY SALAD LEAVES.

**HEIGHT:** Grows to 20–30 cm

**SPREAD:** 20–30 cm

**INDOOR SOWING MONTHS:** Mar–May

**UK OUTDOOR SOWING MONTHS:** Jun–Sep

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

**GOOD FOR CONTAINERS:** Yes



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LACTUCA SATIVA

# LETTUCE – GREEN

LOOSE-LEAF GREEN LETTUCE.

**HEIGHT:** Grows to 20–30 cm

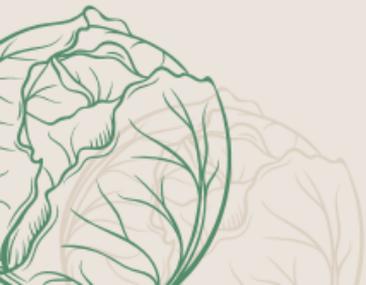
**SPREAD:** 25–30 cm

**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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LACTUCA SATIVA

# LETTUCE – RED

ATTRACTIVE RED LOOSE-LEAF LETTUCE.

**HEIGHT:** Grows to 20–30 cm

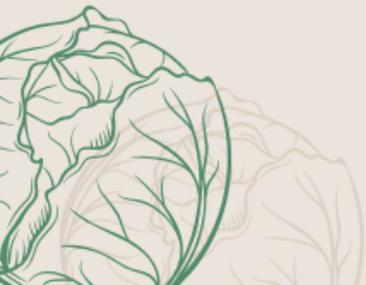
**SPREAD:** 25–30 cm

**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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BRASSICA OLERACEA VAR. GEMMIFERA

# BRUSSELS SPROUT

HARDY WINTER VEGETABLE.

**HEIGHT:** Grows to 60–90 cm

**SPREAD:** 45–60 cm

**INDOOR SOWING MONTHS:** Feb–Mar

**UK OUTDOOR SOWING MONTHS:** Mar–Aug

**LIGHT REQUIREMENT:** Full sun

**GOOD FOR CONTAINERS:** No



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BY NATURE

BRASSICA RAPA

# TURNIP – GOLDEN BALL

SWEET YELLOW-FLESHED TURNIP.

**HEIGHT:** Grows to 30–40 cm

**SPREAD:** 20–30 cm

**INDOOR SOWING MONTHS:** Feb–Mar

**UK OUTDOOR SOWING MONTHS:** Mar–Aug

**LIGHT REQUIREMENT:** Full sun

**GOOD FOR CONTAINERS:** Yes



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DAUCUS CAROTA

# CARROT – YELLOW STONE

YELLOW CARROT WITH MILD FLAVOUR.

**HEIGHT:** Grows to 25–30 cm

**SPREAD:** 10–15 cm

**INDOOR SOWING MONTHS:** Feb–Mar

**UK OUTDOOR SOWING MONTHS:** Mar–Aug

**LIGHT REQUIREMENT:** Full sun

**GOOD FOR CONTAINERS:** Yes



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BY MIRA GARDEN

BRASSICA RAPA

# TURNIP – MILAN PURPLE TOP

QUICK-MATURING PURPLE-TOPPED TURNIP.

**HEIGHT:** Grows to 30–40 cm

**SPREAD:** 20–30 cm

**INDOOR SOWING MONTHS:** Feb–Mar

**UK OUTDOOR SOWING MONTHS:** Mar–Aug

**LIGHT REQUIREMENT:** Full sun

**GOOD FOR CONTAINERS:** Yes



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BY MIRA GARDEN

BRASSICA NAPUS

# SWEDE – MARIAN

HARDY ROOT CROP FOR WINTER.

**HEIGHT:** Grows to 40–60 cm

**SPREAD:** 30–45 cm

**INDOOR SOWING MONTHS:** Apr - May

**UK OUTDOOR SOWING MONTHS:** May–Jun

**LIGHT REQUIREMENT:** Full sun

**GOOD FOR CONTAINERS:** No



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BY MARIANNE

ALLIUM PORRUM

# LEEK – GIANT WINTER

WINTER-HARDY LEEK WITH THICK STEMS.

**HEIGHT:** Grows to 60–90 cm

**SPREAD:** 20–30 cm

**INDOOR SOWING MONTHS:** Feb–Mar

**UK OUTDOOR SOWING MONTHS:** Apr–Jun

**LIGHT REQUIREMENT:** Full sun

**GOOD FOR CONTAINERS:** Yes



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BY MARISSA

APIUM GRAVEOLENS

# CELERY

CRISP STEMS REQUIRING MOISTURE.

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

**SPREAD:** 30-40 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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BY MARISSA

SOLANUM MELONGENA

# AUBERGINE – LONG PURPLE

TENDER CROP PRODUCING GLOSSY PURPLE FRUITS.

**HEIGHT:** Grows to 60–90 cm

**SPREAD:** 45–60 cm

**INDOOR SOWING MONTHS:** Jan–Feb

**UK OUTDOOR SOWING MONTHS:** Jun

**LIGHT REQUIREMENT:** Full sun

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



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BY MARIANNE

BRASSICA OLERACEA VAR. ACEPHALA

# KALE – DWARF GREEN

COMPACT KALE VARIETY.

**HEIGHT:** Grows to 40–60 cm

**SPREAD:** 45–60 cm

**INDOOR SOWING MONTHS:** Mar–Apr

**UK OUTDOOR SOWING MONTHS:** Apr–Jun

**LIGHT REQUIREMENT:** Full sun

**GOOD FOR CONTAINERS:** Yes



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SPINACIA OLERACEA

# SPINACH – MUSTARD

FAST-GROWING LEAFY GREEN WITH MILD HEAT.

**HEIGHT:** Grows to 40–60 cm

**SPREAD:** 45–60 cm

**INDOOR SOWING MONTHS:** Mar–Apr

**UK OUTDOOR SOWING MONTHS:** Apr–Jun

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

**GOOD FOR CONTAINERS:** Yes



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