

TEAR IT, PLANT IT, GROW IT



SEEDSTICKS®

BY SOW EASY

TEA GARDEN



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SEED NAME

ENGLISH

1. Chamomile
2. Lemon Balm
3. Peppermint
4. Thyme
5. Lavender
6. Rosemary

LATIN / BOTANICAL

- *Matricaria chamomilla*
- *Melissa officinalis*
- *Mentha x piperita*
- *Thymus vulgaris*
- *Lavandula angustifolia*
- *Salvia rosmarinus*

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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

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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SEEDSTICKS⁺
BY GARDEN OF EASE

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 GARDEN OF EATZ

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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SEEDSTICKS⁺
BY WILSON

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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SEEDSTICKS⁺
BY HIRSH

LAVANDULA ANGUSTIFOLIA

LAVENDER

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

HEIGHT : Grows to 40–60cm

SPREAD : 40–60cm

INDOOR SOWING MONTHS : Feb–Mar

UK OUTDOOR SOWING MONTHS : May–Jun

LIGHT REQUIREMENT : Full sun

GOOD FOR CONTAINERS : Yes



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SEEDSTICKS⁺
BY THE BUNCH

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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