

TEAR IT, PLANT IT, GROW IT

SEEDSTICKS®

BY SOW EASY

VEGGIE PATCH



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

SEED NAME

ENGLISH

1. Green Sprouting Broccoli
2. Carrot – Early Nantes
3. Salad Bowl Red Lettuce
4. Onion – Rijnsburger
5. Salad Rocket
6. Heinz 1350 Tomato

LATIN / BOTANICAL

- Calabrese
- *Daucus carota*
- *Lactuca sativa*
- *Allium cepa*
- *Eruca vesicaria*
- *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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SEEDSTICKS[®]
BY GARDEN OF EATS

CALABESE

GREEN SPROUTING BROCCOLI

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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SEEDSTICKS[®]

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



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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SEEDSTICKS[®]
BY WILSON

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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SEEDSTICKS[®]
BY SEEDS & COMPANY

ERUCA VESICARIA

SALAD ROCKET

PEPPERY, FAST-GROWING LEAFY GREEN.

HEIGHT: Grows to 20–30 cm

SPREAD: 15–20 cm

INDOOR SOWING MONTHS: Feb–Sep

UK OUTDOOR SOWING MONTHS: Mar–Sep

LIGHT REQUIREMENT: Full sun / Partial shade

GOOD FOR CONTAINERS: Yes



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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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SEED LICENSE 1235

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

