

TEAR IT, PLANT IT, GROW IT



SEEDSTICKS[®]

BY SOW EASY

WILD MEADOW



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SEED NAME

ENGLISH

1. Oxeye Daisy
2. Forget Me Not
3. Lavender
4. Corn Marigold
5. Love-in-a-Mist
6. Shirley Poppy

LATIN / BOTANICAL

- *Leucanthemum vulgare*
- *Myosotis alpestris*
- *Lavandula spica*
- *Glebionis segetum*
- *Nigella damascena*
- *Papaver rhoeas*

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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LEUCANTHEMUM VULGARE

OX-EYE DAISY

CHEERFUL WHITE DAISIES WITH YELLOW CENTRES,
IDEAL FOR WILDLIFE GARDENS. LONG FLOWERING
AND VERY EASY TO GROW.

ATTRACTION: Bees, Butterflies & Other Pollinators

FLOWER HEIGHT: Grows to 60-90 cm

SPREAD: 45-60 cm

INDOOR SOWING MONTHS: Feb-Mar

UK OUTDOOR SOWING MONTHS: Apr-Jun

LIGHT REQUIREMENT: Full sun

GOOD FOR CONTAINERS: No



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MYOSOTIS SYLVATICA

FORGET-ME-NOT

TINY BLUE FLOWERS THAT SELF-SEED FREELY.
PERFECT FOR SPRING COLOUR AND WILDLIFE
GARDENS.

ATTRACTION: Bees & Butterflies

FLOWER HEIGHT: Grows to 15–30 cm

SPREAD: 20–30 cm

INDOOR SOWING MONTHS: May–Jun

UK OUTDOOR SOWING MONTHS: Aug–Sep

LIGHT REQUIREMENT: Partial shade

GOOD FOR CONTAINERS: Yes



LAVENDULA SPICA

LAVENDER

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

ATTRACTION: Bees & Butterflies

FLOWER HEIGHT: Grows to 40–60 cm

SPREAD: 40–60 cm

INDOOR SOWING MONTHS: Feb–Mar

UK OUTDOOR SOWING MONTHS: May–Jun

LIGHT REQUIREMENT: Full sun

GOOD FOR CONTAINERS: Yes



GLEBIONIS SEGETUM

CORN MARIGOLD

BRIGHT YELLOW WILDFLOWERS THAT BRING BOLD COLOUR TO MEADOWS. EXCELLENT FOR POLLINATORS.

ATTRACTION: Bees, Butterflies & Other Pollinators

FLOWER HEIGHT: Grows to 30–60 cm

SPREAD: 20–30 cm

INDOOR SOWING MONTHS: Mar–Apr

UK OUTDOOR SOWING MONTHS: Apr–May

LIGHT REQUIREMENT: Full sun

GOOD FOR CONTAINERS: Yes (large containers)



NIGELLA DAMASCENA

LOVE-IN-A-MIST

DELICATE FLOWERS SURROUNDED BY FEATHERY FOLIAGE. ALSO VALUED FOR ITS DECORATIVE SEED PODS.

ATTRACTION: Bees & Other Pollinators

FLOWER HEIGHT: Grows to 30-50 cm

SPREAD: 20-30 cm

INDOOR SOWING MONTHS: Feb-Mar

UK OUTDOOR SOWING MONTHS: Mar-May

LIGHT REQUIREMENT: Full sun

GOOD FOR CONTAINERS: Yes (large containers)



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SEEDSTICKS[®]
BY HIRSH

PAPAVER RHOEAS

SHIRLEY POPPY

VIVID RED, PAPERY FLOWERS THAT CREATE STRIKING DISPLAYS. EASY TO GROW AND IDEAL FOR MEADOWS.

ATTRACTION: Bees, Butterflies & Other Pollinators

FLOWER HEIGHT: Grows to 60-90 cm

SPREAD: 30-45 cm

INDOOR SOWING MONTHS: Feb-Mar

UK OUTDOOR SOWING MONTHS: Mar-May/Aug-Sep

LIGHT REQUIREMENT: Full sun

GOOD FOR CONTAINERS: Yes (large containers)



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