

TEAR IT. PLANT IT. GROW IT.
SEEDSTICKS®
BY MURIEL

**Easy
to
Grow**

GROW YOUR OWN **FLOWERS, VEG & HERBS**

LESS MESS • LESS WASTE • LESS GUESSWORK



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

SEED NAME

ENGLISH

1. Baby's Breath - white
2. Baby's Breath - Pink
3. Canterbury Bells
4. Corncockle
5. Virginia Stock
6. May Queen
7. Alaska - Shasta Daisy
8. Ox-eye Daisy
9. Coreopsis
10. Basil
11. Thyme
12. Dill
13. Onion - White Lisbon
14. Lemon Balm
15. Broccoli - Purple Sprouting
16. Rosemary
17. Parsley
18. Lettuce - Green
19. Carrot - Early Nantes
20. Turnip - Milan Purple Top

LATIN / BOTANICAL

- *Gypsophila elegans*
- *Gypsophila elegans*
- *Campanula medium*
- *Agrostemma*
- *Malcolmia maritima*
- *Chrysanthemum leucanthemum*
- *Chrysanthemum leucanthemum*
- *Leucanthemum vulgare*
- *Coreopsis tinctoria*
- *Ocimum basilicum*
- *Thymus vulgaris*
- *Anethum graveolens*
- *Allium cepa*
- *Melissa officinalis*
- *Brassica oleracea var. italica*
- *Salvia rosmarinus*
- *Petroselinum crispum*
- *Lactuca sativa*
- *Daucus carota subsp. sativus*
- *Brassica rapa*

SEED NAME

ENGLISH

21. Swede – Marian
22. Leek – Giant Winter
23. Celery
24. Aubergine – Long Purple
25. Kale – Dwarf Green

LATIN / BOTANICAL

- Brassica napus
- Allium porrum
- Apium graveolens
- Solanum melongena
- Brassica oleracea var. acephala
- Brassica napus



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

ATTRACTION GUIDE



Birds



Bees



Butterflies



Other Pollinators

Plants that attract pollinators help support biodiversity and a healthy garden ecosystem.

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 TARA EAST

GYPSOPHILA ELEGANS

BABY'S BREATH-WHITE

DELICATE WHITE FLOWERS THAT CREATE A SOFT, AIRY DISPLAY. POPULAR IN BOUQUETS AND LOVED BY POLLINATING INSECTS.

ATTRACTION: Bees, Butterflies & Other Pollinators

FLOWER HEIGHT: Grows to 40-60 cm

SPREAD: 30-40 cm

INDOOR SOWING MONTHS: Mar-Apr

UK OUTDOOR SOWING MONTHS: Apr-May

LIGHT REQUIREMENT: Full sun

GOOD FOR CONTAINERS: Yes



GYPSOPHILA ELEGANS

BABY'S BREATH PINK

DELICATE PINK FLOWERS THAT CREATE A SOFT, AIRY DISPLAY. POPULAR IN BOUQUETS AND LOVED BY POLLINATING INSECTS.

ATTRACTION: Bees, Butterflies & Other Pollinators

FLOWER HEIGHT: Grows to 40–60 cm

SPREAD: 30–40 cm

INDOOR SOWING MONTHS: Mar–Apr

UK OUTDOOR SOWING MONTHS: Apr–May

LIGHT REQUIREMENT: Full sun

GOOD FOR CONTAINERS: Yes



CAMPANULA MEDIUM

CANTERBURY BELLS

BELL-SHAPED FLOWERS IN PASTEL SHADES THAT ADD HEIGHT AND CHARM. A TRADITIONAL BIENNIAL FOR BORDERS AND CUTTING.

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: May–Jun

LIGHT REQUIREMENT: Full sun / Partial shade

GOOD FOR CONTAINERS: Yes (large containers)



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SEEDSTICKS[®]
BY NATURE

AGROSTEMMA

CORNCOCKLE

OPEN, STAR-SHAPED FLOWERS IN SOFT PINK TO MAUVE SHADES. A CLASSIC ANNUAL FOR WILDFLOWER MEADOWS, BORDERS, AND CUTTING.

ATTRACTION: Bees, Butterflies & Other Pollinators

FLOWER HEIGHT: Grows to 60–90 cm

SPREAD: 20–30 cm

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 NICKY EMMETT

MALCOLMIA MARITIMA

VIRGINIA STOCK

FAST-GROWING, SWEETLY SCENTED FLOWERS THAT BLOOM QUICKLY FROM SEED. PERFECT FOR POTS, EDGING, AND EARLY COLOUR.

ATTRACTION: Bees, Butterflies & Other Pollinators

FLOWER HEIGHT: Grows to 15–30 cm

SPREAD: 20–30 cm

INDOOR SOWING MONTHS: Feb–Mar

UK OUTDOOR SOWING MONTHS: Mar–Jun

LIGHT REQUIREMENT: Full sun

GOOD FOR CONTAINERS: Yes



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SEEDSTICKS[®]
BY NINA BAIRD

CHRYSANTHEMUM LEUCANTHEMUM

MAY QUEEN

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 40–80 cm

SPREAD: 20–30 cm

INDOOR SOWING MONTHS: Feb–Mar

UK OUTDOOR SOWING MONTHS: Apr–Jun

LIGHT REQUIREMENT: Full sun / Partial shade

GOOD FOR CONTAINERS: Yes



CHRYSANTHEMUM LEUCANTHEMUM

ALASKA – SHASTA DAISY

**LARGE, SHOWY DAISY FLOWERS ON STRONG STEMS.
A RELIABLE PERENNIAL FOR CUTTING AND GARDEN
BORDERS.**

ATTRACTION: Bees, Butterflies & Other Pollinators

FLOWER HEIGHT: Grows to 70–100 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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SEEDSTICKS[®]
BY NINA BAILEY

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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SEEDSTICKS[®]
BY NICKY EMMETT

COREOPSIS TINCTORIA

COREOPSIS

BRIGHT, CHEERFUL FLOWERS IN WARM YELLOW AND RED TONES. EXCELLENT FOR SUMMER COLOUR AND POLLINATORS.

ATTRACTION: Bees, Butterflies & Other Pollinators

FLOWER HEIGHT: Grows to 45-75 cm

SPREAD: 30-45 cm

INDOOR SOWING MONTHS: Mar-Apr

UK OUTDOOR SOWING MONTHS: Apr-May

LIGHT REQUIREMENT: Full sun

GOOD FOR CONTAINERS: Yes (large containers)



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SEEDSTICKS[®]
BY NATURE

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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SEEDSTICKS[®]
BY HAND

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 HAND GRAFT

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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SEEDSTICKS[®]
BY HAND GROWN

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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SEEDSTICKS[®]
BY NICK LLOYD

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



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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SEEDSTICKS[®]
BY NICK LLOYD

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)



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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SEEDSTICKS[®]
BY NATURE

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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SEEDSTICKS[®]
BY GARDIAN

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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SEEDSTICKS[®]
BY THE BUNCH

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



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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SEEDSTICKS[®]
BY MARISSA

ALLIUM PORRUM

LEEK – GIANT WINTER

WINTER-HARDY LEEK WITH THICK STEMS.

HEIGHT: Grows to 60–90 cm

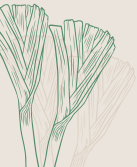
SPREAD: 20–30 cm

INDOOR SOWING MONTHS: Feb–Mar

UK OUTDOOR SOWING MONTHS: Apr–Jun

LIGHT REQUIREMENT: Full sun

GOOD FOR CONTAINERS: Yes



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SEEDSTICKS[®]
BY NATURE

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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SEEDSTICKS[®]
BY NINA BAILEY

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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SEEDSTICKS[®]
BY NICK EAST

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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