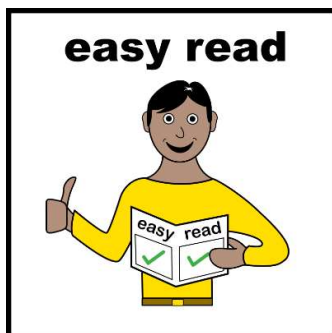


# Easy read guide to sowing large seeds



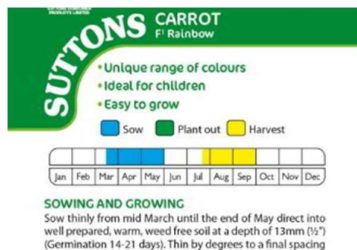
## About sowing seeds



You can grow some plants by **sowing seeds**.

Sowing seeds means putting seeds in soil so they can grow.

## When to sow seeds



Look at the seed packet. It should suggest the best time to sow that seed. You may want some help reading the packet.

## Plants with large seeds







This is a guide to sowing large seeds.

Some examples are:

- Sunflower
- Cosmos
- Nasturtium
- Broad bean
- Courgette

Some plants have small seeds. For example, cress, tomato and pansy. We also have an easy read guide to sowing small seeds. You can find it on our website.

## What you need

	Large seeds
	Small pots. 9cm is ideal
	Multi-purpose compost
	Bigger tray to put pot in. You could use a washing up bowl
	Watering can
	Plant labels and pens or pencils. You could use lollipop sticks instead

## How to do it



1. Gather what you need.



2. Fill pot with multi-purpose compost.



3. Gently tap pot to level compost.



4. Make hole in middle of compost. Use your finger.



Make hole as deep as your first finger joint.



5. Place seed in hole. Cover with compost. Make sure seed is completely covered.



6. Write plant name on label or lollipop stick.



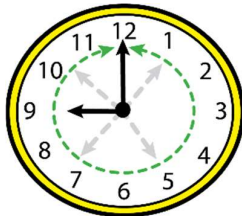
7. Place label in pot.



8. Pour some water in bigger tray. Around 1cm deep is good.



9. Place pot in water



10. Take pot out of water when it feels heavy. This will take around 1 hour.



11. Put pot somewhere sunny and warm. A windowsill is good.

## Looking after your seeds

Well done, you have sown your seeds!

Next, green **shoots** will appear as your plants grow. You may have to wait a few weeks for shoots to appear.

The **shoot** is the bit of the plant that comes above ground as it grows.

You may need to water your seeds as they grow. This is how to work out if they need water. Carefully lift the pot. If it feels light, add water. Use a small watering can to do this.

## Next steps

Your plants will keep growing. You may want to move them into a bigger pot. This is called **potting on**. Or, you could plant them in the ground outside. This is called **planting out**.

We have easy read guides to potting on and planting out. You can find them on our website.

Enjoy watching, smelling and feeling your plants as they grow.

## **Useful links**

### **Thrive website**

<https://www.thrive.org.uk/>

### **Thrive easy read guides**

<https://www.thrive.org.uk/easyread>

### **Thompson & Morgan seed sowing times**

<https://www.thompson-morgan.com/your-seed-sowing-calendar>

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