

# Tales from the Garden

## Seed Sowing

Information sheet 1

This information sheet details some ideas that may make sowing seeds a little bit easier for you, whether that is sowing in pots and planters or sowing direct. Everyone is individual, so use whatever works best for you.

Before you start it is good to have your workstation all set up and ready at an appropriate height for you and with everything you need within easy reach. This could include:

- Compost and horticultural sand
- Potting tray
- Pots/planters/seed trays
- Dibber
- Seeds and labels
- Watering can/bottle

### Sowing small seed:

- Sowing seeds in modular trays can sometimes be easier than sowing into seed trays as you can just thin out seedlings rather than trying to prick seedlings out to pot on. Leaving those left in the modules to grow on before planting out or potting on.
- Mixing small seeds with a little bit of horticultural sand on a saucer can also help as the seeds tend to be more evenly distributed in the sand. It is also easier to pick up a 'pinch' of sand with seeds in it than the seeds on their own.
- Using a seed sower may also help particularly if you have difficulties with your dexterity, there are lots on the market and can be bought from seed companies, garden centres and online.
- If sowing direct or into a planter using seed tape may be helpful as can be rolled out over the soil/or compost in a drill approx. 1-2cm deep, watered and then covered over with a thin layer of compost.
- If you have difficulties bending down you could also try a seed sower with a long handled attachment, an example of which can be found at the World of Wolf Garten ([www.worldofwolf.co.uk](http://www.worldofwolf.co.uk))

### Sowing larger seeds:

- Filling a seed tray with small plant pots groups them together securely. This can help when filling with compost and can be done with one hand so may be useful for those with a weakness on one side of their body.
- Sowing larger seeds, such as sunflowers, pumpkins, beans, sweetpeas, may also be easier for you if you experience difficulties with dexterity.

### A word on watering:

- Try to choose the right sized watering can for you and only fill it to a level that is comfortable for you to carry.
- As an alternative you could try using an old water bottle with a screw top and fit it with a small watering nozzle, an example of which can be found at Sea Spring Seeds ([www.seaspringseeds.co.uk](http://www.seaspringseeds.co.uk)) though you can buy them from many other suppliers too. Again only fill the bottle with the amount of water that is easiest for you to hold.

### Final note:

- Just as a final note, if you are a relative/carer and supporting someone who can become easily fatigued but who wants to sow seeds, you could have the first half of the activity already done and ready prepared for them e.g. the pots are filled with compost and the seeds out ready to be sown, they could then finish the activity.