

Making The Most Of Every Season

The Autumn Collection:
Pocket Companion &
Growing Guide

## Ready, Steady, Grow

Gardening in the autumn presents a different yet equally fulfilling experience compared to the vibrant activity of summer. As temperatures cool and daylight hours shorten, the focus shifts from rapid growth to preparation for the colder months ahead. Autumn is the perfect time for planting hardy vegetables, bulbs, and perennials, which will establish roots before winter arrives. It's also a season of harvesting the last of summer's bounty while preparing the garden for next year. Mulching and composting are essential tasks during this time, helping to enrich the soil and protect plants from frost.

Autumn gardening is about nurturing the earth and setting the stage for future growth. Clearing away dead foliage, pruning perennials, and planting winter crops such as kale and garlic are common activities. It's also a good opportunity to reflect on the successes and challenges of the past season, making notes for next year's garden plans. The quieter pace of autumn allows gardeners to enjoy the beauty of seasonal change, as leaves turn golden and mornings become crisp. With careful planning and attention, autumn gardening ensures that the garden remains healthy and productive, ready to flourish once spring returns.

Within this digital edition of the Autumn Collections' Pocket Companion you'll find information covering all the different seeds sent out across the 15 collections we created for this season. The Pocket Companion sets out tried and trusted methods to succeed with your seed growing and all the details you need to take you through from opening the seed packet through to harvest, including:

- a handy at a glance calendar,
- details of each plants size, hardiness, preferred growing area as well as timescales for germination and harvest
- detailed sowing and growing instructions.

Happy growing, from

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#### Sowing & Growing Terminology

Our pocket companions will no doubt reside in the pockets of experienced growers as well as those new to gardening. We all began our knowledge somewhere, so just incase its helpful to you, here's a glossary of a few terms you'll become familiar with as you grow from seed.

'frost risk has passed': usually late May to early June, when night-time temperatures no longer fall below 0 degrees Celsius and frost is no longer likely.

'germinate/germination': the process of a seed starting to grow, developing a small root and seed leaves.

'prick out': careful movement of a very young seedling, by the seed leave, not stem, from the pot it germinated in to a larger pot or module of its own, to grow on.

'harden off': young plants sown indoors are tender and need to acclimatise to outside conditions before planting out. Place in a sheltered sunny spot outside, or in a cold frame, during the day and bring inside at night. Over a period of 7-10 days increase the time the plans spend outside.

'row': seeds are sown in drills to form a row or a line of vegetables or flowers; seeds are sown in a row to help distinguish the sown seedlings from weeds. Also it allows you to give the correct amount of space for the crops to grow well. It is important to know the distance between rows.

'seed drill': a channel or groove made into the soil, to sow the seeds along. The depth of the drill is determined by the size of the seed. Typically seeds should be sown at a depth three times their width.

'seedling': a tiny plant, usually only with its first leaves growing.

'spacing': the distance between seeds along the drill and also distance between adjacent rows. This is determined by the size of the seed and size of the plant it will grow into. Large plants will need wider spacing between seeds along the drill and between adjacent rows than small plants.

'sow direct': to sow seeds into the soil, usually outside in beds or large containers.

'sow thinly': sprinkle seeds sparingly, so that there is visible space between each seed. If you sow seeds too closely together they will be crowded and will not thrive.

'sow under glass or in a propagator': some seeds must be sown indoors in pots and given some heat to germinate. A sunny windowsill, as well as a greenhouse is a good location for starting off seeds.

'full sun': A position in the garden that receives sun for most of the day.

'thin out seedlings': careful removal of seedlings that are growing too close together. Water the row of seedlings well and then pull out the excess seedlings, leaving a row of single healthy seedlings at the correct spacing from one another.

'transplant': the planting of a small plant, either into a larger pot or from a pot into the final position in the garden, where it will grow on to flower or harvest.

 $\hbox{\bf 'semi shade / partial sun':} \ \hbox{\bf The seeds should be sown in a mostly shady place, but with some sun}$ 

'successive crops': Crops sown at regular intervals so they mature one after the other.

## **Achillea**

## J FMAMJJASOND

The showy flower heads of Achillea are produced on plentiful stems throughout the season and are incredibly eye-catching - pollinating insects love them! Resilient and low-maintenance, Achillea is ideal for cottage garden borders and wildlife gardens - it will even tolerate coastal gardens. The long stems and unusual flower heads make lovely informal cut flowers for floral displays.

Achillea seeds can be sown from March to late May, or September and October indoors. When seedlings are large enough to handle, prick off into pots and grow on. Gradually harden off and plant out spacing 30cm apart for flowering the following summer. Most Achillea will flower in their second year, however Cerise Queen will flower in the first year when grown under high light levels.

Cut back after first flowering to encourage a second flush in late summer. Divide plants every 3 years to rejuvenate.

Achillea, is also known as Yarrow, one of the most versatile and recommended herbs in natural healing around the world. Nearly every part of the plant is useful from a medicinal standpoint. Plus, both the leaves and flowers of the yarrow plant are edible, as are the stalks, which can be crushed into a topical salve.







## Angelica

#### J FMAMJJASOND

Most ornamental angelicas are tall biennials with huge, domed umbelliferous flowerheads followed by delicate seed pods. Angelica species include wild angelica (Angelica sylvestris), the tall Angelica gigas, Portuguese angelica (Angelica pachycarpa) and Norwegian or garden angelica (Angelica archangelica). It's not advisable to forage for wild angelica as it can be confused with several toxic species. Collie Flowers stocks and gives advice on the growing of Angelica archangelica, which has ribbed, hollow stems, flushed pink and are traditionally candied for use in baking. Angelica leaves are green and deeply divided. All parts of angelica plants are highly aromatic and they have traditionally been used for medicinal as well as culinary purposes. It's good for including in wildlife planting as the flowers are attractive to pollinators and the seeds are eaten by birds.

Sow Angelica seeds direct outdoors, or in mobules under cover in March, April, September or October. Sow onto the surface of the soil or compost as the seeds need light to germinate. Keep the soil damp but not wet and do not exclude light. For indoor sown seeds, place in a propagator or seal the seed tray inside a polythene bag until after germination. When seedlings are large enough to handle, transplant and grow them on in cooler conditions until large enough to plant outdoors. Plant angelica into soil with plenty of organic matter and water well until established. Ideally, plant angelica out as young plants in spring. They have deep tap roots and suffer if moved.

Angelica needs little care once it's established. It may require watering in dry periods, and pot-grown angelicas will need regular watering. Deadhead after flowering to encourage plants to come back the following year. Alternatively, cut back the stems and dig up the plant in the autumn of its second year, dividing the roots with a sharp knife. Repot divisions into compost or directly into the soil where they are to grow.

If you want to make your own candied angelica, pick the tender young stems in spring, before June. Take care as the sap from angelica, as with all members of this genus, can be an irritant and burn the skin in sunlight.







## **Broad Bean**

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Sown Broad Beans in late winter (indoors or outdoors with the protection of a cloche or similar) or spring (outdoors), although in mild regions they can also be sown in late autumn. Plants grown indoors should be hardened off before planting out.

Grow beans in full sun on rich fertile, well manured soil with protection from strong winds. Plant broad beans in double rows set 25cm apart and allowing at least 60cm between each double row. Sow broad beans at a depth of 5cm deep and a distance of 25cm apart within each row and water well. When sown indoors in pots plant one per module or small pot at the same depth.

When growing broad beans, support the plants by placing a cane or stick at each corner of a double row and tying in with string, especially in windy gardens. Keep well watered, particularly as flowers begin to set and hoe between rows regularly. Pinch out the growing tips after the first flowers have set pods to deter blackfly and encourage further pods to set.

When picking pods to shell, wait until the beans are visible through the pod. But don't leave them too long - the scar on the bean should still be white or green, not black, as the beans will become tough at this stage. Small beans are sweeter and more tender that large ones.







#### Cauliflower: All The Year Round

## J FMAM J J A S ON D

Sow seed outdoors in April, September and October into a well prepared seedbed, for transplanting to their final positions later on. Sow at a depth of 2cm and distance of 25cm between rows. Outdoor sowings should be thinned to 7-10cm apart and once plants are 15cm tall, they can be lifted and transplanted to their final planting positions. Protect autumn sowings with a cloche or fleece to protect them through the winter.

Sow indoors from February and March at a depth of 1cm in trays of freedraining, compost and cover with a layer of vermiculite. Place in a propagator or seal container inside a plastic bag until germination. Once germinated, grow Cauliflower plants on in cooler conditions until all risk of frost has passed and plants are large enough to be transplanted with 2-3 true leaves.

Gradually acclimatise them to outdoor conditions before planting out. Gradually harden off before planting out, spacing plants 45cm apart between plants and 60cm between the rows for large curds.

Cover with a protective netting or fleece to prevent attack from birds and insects. Water the plants thoroughly after planting. Feed with a nitrogen-rich liquid food every fortnight.



#### Chaerophyllum hirsutum

#### J FMAMJJASOND

Chaerophyllum hirsutum is a pretty perennial plant, often referred to as Pink Cow Parsley owing to its resemblence to Cow Parsley. Hairy Chervil is another name this plant may be known by. With fern-like, finely divided and aromatic apple-scented foliage, and delicate umbels of small white or mostly pink flowers it also has a similarities with Daucas Carota/Queen Anne's Lace. Will bear masses of lilac-pink flowers in late spring or early summer.

It's ideal for growing in wild or cottage garden schemes, and looks fantastic when planted en masse in informal borders with alliums and other tall perennials. For best results grow 'Roseum' in moist but well-drained soil in sun or shade. Cut down plants after flowering. 'Roseum' is known for attracting bees, beneficial insects, butterflies/moths and other pollinators. It has nectar/pollen rich flowers.

Sow Chaerophyllum hirsutum seeds in modules during the autumn. Sow seed on the surface and cover lighly, keeping the top of the compost moist. Keep pot sheltered outdoors or in cold frame over winter - do not provide additional heat as this will slow down germination, which can already be a lengthy process. Expect seeds to germinate by later winter / early spring. Prick out seedlings into indivudal pots when they have developed true leaves, plant out in a dampish spot in full sun, or part shade in May. Over time will develop into a clump approx. 60cm wide.

These are great plants for any situation or soil as long as it is not to dry or sitting in a puddle. They have a vary natural look and feel; their delicate seed heads (note this doesn't self-seed readily so either collect seeds or grow and divide plants over time) always move about beautifully in the wind. This allows them to be paired with virtually any other plant in the garden; it has a wild feel like cow parsley but also a semi-formal-pottager feel because of its close relation to different vegetables. A great choice for softening parts of the garden.





#### Daucas Carota

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Daucus carota, also known as Queen Anne's Lace, is the wild ancestor of the domestic carrot and a common wildflower found in dry fields, roadside ditches and open areas.

Daucas carota is easy to grow from seed and performs best in well-drained to dry soils, with low to moderate soil fertility. The lacy flowers appear in shades of old rosepink, through burgundy to chocolate. Up to a thousand tiny flowers are produced in delicate, lacy, flat-topped, clusters up to 10cm wide. They look great en masse and the plant pairs well with almost anything in the garden or in the vase. The plants bloom for most of the summer, often continueing into autumn. For winter structure and interest don't cut back blossoms that have died off, allow seed heads to form. As the seeds ripen, the seed head curls inward to form a 'bird's nest' shape and turn brown. A small bristly seed is produced at the end of each flower stalk, and once dry they readily latch onto fur or feathers to be disseminated beyond where the seeds would otherwise fall.

Sow Daucas carota seeds direct outdoors, between October and April. Lightly scatter onto the surface of the soil or compost as the seeds need light to germinate. The seedlings might be mistaken for grass seedlings at first, as the seed-leaves are linear, but the next set of leaves is more distinctive. Keep the soil damp but not wet and do not exclude light. Avoid indoor and module sowing as just like the carrots we grow to eat they have deep tap roots and suffer if moved. When large enough to handle, thin out the seedlings to 10cm apart - although beware this may encourage carrot flies to visit. Water regularly particularly during dry periods until well established.

This biennial plant normally forms a rosette of leaves in the first year and a flowering stalk the second year, although some plants may act as an annual and flower in the first year.





#### **Echinacea**

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Echinacea is an asy to grow, tough perennial which flowers in late summer. They combine well with other late perennials and grasses, especially in prairie-style plantings. The flowers are attractive to bees and butterflies. Echinacea won't flower freely in shade. They prefer being planted in spring and summer, as autumn plantings are more prone to rotting off over winter, especially on wet or heavy soils. They also dislike being disturbed, so plants are best allowed to form large clumps.

Whether you are sowing Echinacea indoors in Autumn or Spring, simply scatter the seeds on the surface of your compost and lightly cover with vermiculite of grit. These seeds do not require additional heat to germinate. Keep the compost moist and once the seedlings have a pair of true leaves and are large enough to handle, pot on into 9cm pots. For autumn sown seedlings protect them from the worst of the frosts between December and February, planting them out in March, plant out spring sown seedlings in May after hardening them off.

Once your Echinacea plants have matured, you can harvest the flowers and leaves for various purposes. The flowers can be dried and used to make herbal teas, tinctures, or infused oils with potent immune-boosting properties. The leaves can also be harvested and used in similar preparations.





## Gypsophila

## J FMAMJJASOND

Gypsophila is very popular border plant for its clouds of flowers which are useful for flower arrangement, everlasting flowers or just for providing a pretty, misty background for other flowers. Gypsophila paniculata is a perennial species requiring a permanent position in the garden, Gypsophila elegans is an annual species. This guide applies to both types of gypsophila.

Sow Gypsophila on the surface of the compost in spring or autumn good quality seed compost. Make sure that the compost is moist but not wet and seal in a polythene bag until after germination. Do not exclude light which is beneficial to germination. Transplant when large enough to handle into 7.5cm pots and grow on in cooler conditions. Later plant out in a sheltered spot and grow on until autumn when they should be planted out 60cm apart in well drained soil in a sunny spot.

Gypsophila seeds can also be sown in the less formal 'scatter seed' method. Simply roughen the soil, scatter seeds evenly over the surface, then lightly cover the seeds.

Deadhead gypsophila flowers regularly during the growing season. Using sharp secateurs or snips cut fading or dead flowers off just above a set of leaves. Removing old flowers regularly will encourage plants to produce more flowers. If growing gypsophila for cut flowers, use sharp snips or secateurs to cut the longest stems possible, removing the lower leaves and placing the stems immediately in a clean bucket of water.

Perennial varieties only - When plants have finished flowering prune them back to neaten them and encourage strong new growth. Using sharp secateurs or snips, cut individual stems just above a set of lower leaves.











#### Lambs Lettuce



Lamb's Lettuce, Fetticus, or Mâche, is a hardy annual with tender, dark green leaves and a mild, nutty flavour. It can be used in a variety of ways, from fresh salads to cooked dishes, or as a delicate herb for flavouring. This versatile green is perfect for UK gardens, thriving in cool conditions and providing a reliable harvest throughout autumn and winter. Grows well in containers, ideal for winter growing, fleece during harsh frosts.

Direct sow lettuce seeds outdoors from April to October into well prepared, fertile, moist soil in sun or semi shade. Sow seeds thinly at a depth of 1cm in drills 30cm apart in soil which has been raked to a fine tilth. We recommend watering the drill before sowing the seed as lettuce seed is fine and can easily be washed away with a first heavy watering. When seedlings large enough to handle, thin out to 30cm apart and cover with a protective netting or fleece to prevent attack from birds and insects

Alternatively, sow indoors in large trays or pots in November, February and March for harvests through the winter and in early Spring. You can use cloches to aid germination and speed up growth in cooler months, although this isn't actually necessary – lambs' lettuce is hardy and grows well without protection.

Sow successively, every 2 to 3 weeks for a long-lasting harvest of fresh salad leaves. Like most salad crops, you can pick lamb's lettuce either by removing individual leaves or by harvesting the whole rosette. Use scissors or secateurs for the cleanest cut. Lambs' lettuce leaves will last for up to two weeks in the fridge, although they're best eaten fresh.



Spread: to 15cm Hardy annual sun or semi-shade Germination: 10 - 14 days Harvest: From 7 weeks



## Parsley

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Native to the Mediterranean, parsley is a rich source of vitamin C and iron, and is said to cure bad breath and cleanse the skin. Easy to grow, even in part shade, parsley can be grown in containers or borders, and freshly picked leaves will depth and flavour to your cooking. According to an old English folk tale, parsley grows best in a household where the wife wears the trousers. Whether you choose to grow parsley for mythical or feminist reasons, or for its culinary and medicinal properties, it's a great addition to your herb collection.

Grow curled and flat-leaf parsley in moist but well-drained soil in sun to partial shade. Harvest the leaves as and when you need to. Sow seed every few weeks for a successional harvest.

Direct sow parsley seed outdoors from May to July. Grow parsley in a well prepared seedbed in full sun or partial shade. Sow seeds thinly at a depth of 1cm in drills 30cm apart. When large enough to handle, thin out seedlings to 25cm apart. Parsley seeds are very slow to germinate taking up to 35 days, especially in wet. cold soils.

Seeds can also be sown indoors August to April for fresh leaves all year round. Sow into 7.5cm pots of free-draining seed compost. After gemination thin pot grown parsley to a few strong seedlings per pot and keep on a sunny windowsill for easy picking as required, or if preferred gradually acclimatise parsley plants to outdoor conditions over 7 - 10 days before planting outdoors when risk of frost has passed.

Feed and water parsley plants regularly. Harvest parsley leaves regularly to encourage fresh new growth. Parsley is biennial and will require replacing after the second season once it begins to flower and produce seed.



#### Pea

## J FMAMJJASOND

Direct sow outdoors: 5cm deep in flat-bottomed drills spaced 5cm, and in rows 80cm apart. For regular harvest sow successionally, every 10 day or so March to May. If the weather is unseasonably cold, start your peas off in a greenhouse or on a sunny windowsill, and transfer your seedlings into the garden when temperatures rise.

Improve your soil by digging in well rotted manure or compost. Prepare the soil by raking until it is fine and crumbly, removing any large stones. Water the drill before sowing to stimulate germination.

When plants are 10cm tall provide twiggy sticks for support. Peas can be protected with netting if pigeons are a problem.

The peas will be ready to harvest around 11-15 weeks from sowing date, and regular picking will encourage further cropping. Shelling varieties are ready to pick once the pods are swollen with peas. Mangetouts are best picked while the young pods are still completely flat while Sugar Snaps should be harvested when the pods are semi-mature and just beginning to swell.



## Poppy / Papaver

#### J FMAMJJASOND

A sprinkling of scarlet red blooms among swaying meadow grasses creates the perfect picture of the British countryside. The iconic wild poppy is instantly recognisable by its gently fluttering petals.

Poppy is the common name for plants in the Papaveraceae family. Within this group there are annuals, perennials and biennials. They include oriental poppies, field poppies Welsh poppies and Himalayan poppies. Their summer flowers may be fleeting but they make a wonderful addition to the garden. Large-flowered oriental poppies are the most popular poppy to grow. They have hairy flower stems and foliage. Flower petals can be ruffled, crimped or shaggy, and range in colour from white to pink, purple and red.

Direct sow Poppy seeds outdoors where they are to grow in spring or autumn. Choose a position in full sun on fertile, well drained soil which has been raked to a fine tilth. Sow seeds thinly, just below the soil surface. Water the ground regularly, especially during dry periods. When seedlings are large enough to handle, thin them out to 30cm apart.

Feed and water poppy plants frequently throughout the summer. Annual Poppies can be left to set seed and die back naturally, before discarding the plants on the compost heap. The fallen seed will germinate in the following year to provide a new display. Poppy seed heads can also make a stunning addition to vases.

Caution: All poppies are poisonous.







### Scabious stellata

## J FMAMJJASOND

Scabious, also known as pincushion flowers, are easy-to-grow. They are button-like in shape and have petals that flutter in the breeze. Under ideal growing conditions, blooms can last from spring to the first frost, although they might slow down in the high heat of summer. As pretty as the flowers

growing conditions, blooms can last from spring to the first frost, although they might slow down in the high heat of summer. As pretty as the flowers of Scabious stellata are, its the seed heads which are the true showstopper! The spherical seed heads are a silvery colour similar to the seed heads of Honesty (Lunaria). Equally useful as a cut fresh flower or seed head, Ping Pong (our favourite variety) gives several handfuls of stems from a single plant alone.

Sow Scabious stellata indoors in early spring or autumn. Sow seed thinly, lightly cover with compost or vermiculite and keep moist. These seeds may benefits from gentle heat to encourage germination, often a windowsill will be sufficient. Initially, water the seeds from below and keep the soil damp but not wet and do not exclude light. Place in a propagator or seal the seed tray inside a polythene bag until after germination.

When seedlings are large enough to handle, transplant and grow them on in cooler conditions until large enough to plant outdoors. When Scabious plants are well grown and all risk of frost has passed, acclimatise them to outdoor conditions over 7 to 10 days and plant out.

If using the seed heads in floral arrangements, a light spritz of hairspray will make them more robust. Scabious will self-seed in borders from one year to the next.





## Silene Coronaria

#### J FMAMJJASOND



Sow Silene seeds indoors from February to May, or in October, on the surface of a good quality seed compost and gently firm down. Initially, water the seeds from below and keep the soil damp but not wet and do not exclude light. Place in a propagator or seal the seed tray inside a polythene bag until after germination. When seedlings are large enough to handle, transplant and grow them on in cooler conditions until large enough to plant outdoors. When Silene plants are well grown and all risk of frost has passed, acclimatise them to outdoor conditions over 7 to 10 days and plant out. As Silene does self-seed, you may also sow seed direct in the autumn. Thin autumn sown seeds before they cease growth for the winter.

Apply a generous mulch after cutting back the faded flowerheads and stems to the basal rosette of leaves in late summer and autumn. Deadheading, and removing seed heads will encourage new flowers to form.

Will hppily grow as a boggy/marginal aquatic plant. Plant out in reliably moist or boggy soil, or pot up into a pond basket and place at the margins of a pond at a depth of 0-10cm.





## **Spring Bulbs**

For the most part Spring Bulbs whatever kind they are a relatively easy to grow, put them into the ground in the Autumn (September to November) at twice their depth and space them three times their distance apart and they'll happily do their own thing flowering in the spring.

Daffodils: Daffodils range in height from about 5cm up to 45cm, and come in a variety of colours and forms apart from the usual yellow trumpets. The variety included with Seasons is Tete a Tete, a popular miniature daffodil. Each bulb produces multiple stems, each carrying one to three perfectly formed, bright, sunshine-yellow flowers. The blooms have slightly swept-back petals and a neat, trumpet-shaped cup. Its short stature makes it incredibly robust and weather-resistant, perfect for even the most exposed gardens. It is an exceptionally reliable perennialiser, quickly forming dense, cheerful clumps that multiply year after year. Winner of the prestigious RHS Award of Garden Merit, it is a versatile and indispensable variety for bringing an early, welcome burst of colour to pots, rockeries, window boxes, and the very front of garden borders. Daffodils do best in full sun but will tolerate light shade. Plant them in a moist but free-draining soil. Daffodils can be grown in containers, in borders or naturalised in lawns.

**Iris:** Dwarf Iris flowers are one of the first types of blooms to announce the start of Spring. They are compact plants that reach only 6 inches tall, and grow in shades of blue and yellow. The Reticulata varieties included in Seasons have more varied shades and also a delightful fragrance. Dwarf Iris are a breeze to grow and naturalize and will multiply easily.

Camassia:produce tall spires of blue, white or occasionally pink star-like flowers in late April, May and early June. Grown from bulbs that are planted in autumn, they come into their own at a time of year when many spring bulbs have finished flowering and early perennials are yet to flower. Plant camassia bulbs in autumn, in humus-rich, moisture-retentive soil in full sun or part shade. They're happy in heavy clay soil and will grow in acid, neutral or alkaline soil. Allow the foliage to die back naturally after flowering and divide concested clumps in summer.

**Frittilaria**: bring a touch of the rare and exotic to your garden with their distinctive bell-shaped flowers, some of them bold and showy, others delicate and discreet. Snake's head fritillary, native to Britain is quite unique with its delicate checkerboard bell-shaped flowers, in purple or white, In the wild it's found in damp meadows, but it can be grown in containers, as well as spring borders or wildflower meadows

To get the most from all bulbs and continue their display in future years, deadhead when the flowers begin to fade and leave the foliage to die down.

#### Sweet Pea

## J FMAM J J A S O N D

Sweet Pea seeds can be sown outdoors in September and April in their intended flowering site 2cm deep. Pinch out the growing points of each stem once the second pair of leaves has opened to encourage bushier growth.

In October and November and January through to March Later sow Sweet Peas in 9cm pots, with 5 seeds in each. Place in a propagator or seal container inside a plastic bag germination. Once germinated, grow sweet peas on in cooler conditions, before transferring to a cold frame for overwintering. Pinch out the growing points of each stem once the second pair of leaves has opened to encourage bushier growth.

In spring, plant out sweet peas at a distance of 25cm apart in any well drained garden soil in full sun. Train the stems onto a suitable support such as trellis or a free standing climbing frame.

Feed and water sweet peas regularly throughout the growing season. When growing sweet peas it is essential to cut the flower stems frequently and deadhead faded blooms to prevent seedpods developing. This will encourage more blooms to be produced and extend the flowering period throughout summer.

Caution: Sweet Pea seeds are harmful if eaten.







Harvest Flower

#### Tatsoi



Tatsoi, a resilient leafy green which is exceptionally hardy, capable of enduring temperatures as low as minus 10 degrees Celsius, and has been observed to thrive and be harvested even beneath a blanket of snow! This versatile substitute for spinach yields ample fresh greens during the winter season and, indeed, over a large portion of the year. This crop will often grow better in autumn than in the spring, and is a great choice for making use or your greenhouse or polytunnel all year round.

Direct sow Tatsoi seeds outdoors from April to September into well prepared, fertile, moist soil in sun or semi shade. Sow seeds thinly in drills 30cm apart in soil which has been raked to a fine tilth, cover lightly. We recommend watering the drill before sowing the seed to prevent washing away the seed with a first heavy watering. When seedlings large enough to handle, thin out to 30cm apart and as with all brassicas cover with a protective netting or fleece to prevent attack from birds and insects.

Alternatively, sow indoors in large trays or pots in October, November, February and March for harvests through the winter and in early Spring. You can use cloches to aid germination and speed up growth in cooler months, although this isn't actually necessary – Tatsoi is hardy and grows well without protection.

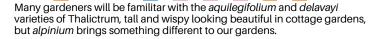
Sow successively, every 2 to 3 weeks for a long-lasting harvest of fresh leaves. Harvest Tatsoi either by removing individual leaves or by harvesting the whole rosette. Use scissors or secateurs for the cleanest cut.





#### Thalictrum alpinium

#### J FMAMJJASOND



A petite UK native perennial which forms a mound of blue-green, finely divided delicate green leaves which are almost like Maidenhair-fern on purple shaded stems. The short stems bear clusters of small flowers in late spring and early summer; each flower has a bell-shaped calyx of greenpurple sepals enclosing purple stamens tipped with yellow. Plant in rockeries, alpine pans or anywhere you can easily see these small beauties.

Sow Thalicturm alpinium seeds in modules during the autumn or very late winter. Sow seed on the surface and cover lighly, keeping the top of the compost moist. Keep pot sheltered outdoors or in cold frame over winter do not provide additional heat as this will slow down germination, which can already be a lengthy process. Expect seeds to germinate by late winter / early spring. Prick out seedlings into indivudal pots when they have developed true leaves, plant out in a moist spot in part shade in May. Over time will develop into a clump approx. 50cm wide.

Cut back faded flower stems in late autumn or in spring before new growth starts emerging.

Be aware Thalictrum can be susceptible to slugs and powdery mildew, so protect plants if needed and ensure they are now overcrowded.





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