

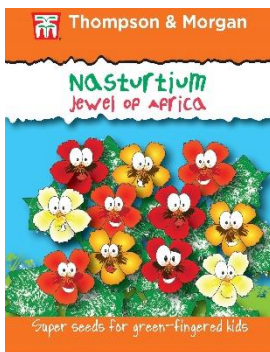


## We're supporting National Children's Gardening Week

### Thompson & Morgan Super Seeds for Green-fingered kids!

If you've collected your FREE Thompson & Morgan seeds but are unsure of how to sow them, take a look below. Happy sowing – and growing!

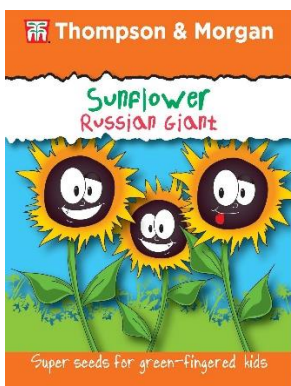
#### Nasturtium - Jewel of Africa



This is a variegated climbing Nasturtium. This mix is available in a balanced mixture of yellows, reds, creams and peach/pinks with foliage which is attractively marbled and striped with cream, against a light green background. They make fantastic, dramatic container and basket plants or simply use them for effective ground cover. They also look good trailing and climbing over conifers, hedges and short walls.

Sow outdoors where they are to flower. Prepare the ground well and rake to a fine tilth before sowing. Sow 20mm deep, in rows 30cm apart. For earlier flowering: Sow seed 1cm deep, 3 seeds per 7.5cm pot, in free-draining, damp seed compost. Place at 20-29C until after germination. Gradually acclimatise to outdoor conditions before planting out after risk of frost. Before planting into containers, ensure plants are well rooted in their pots. Thin out young plants to 30-45cm apart when the seedlings are large enough to handle. Gradually acclimatise to outdoor conditions before planting out after all risk of frost. They flower most freely in full sun and poor dry soils. Before planting in containers make sure they are well rooted in their pots.

#### Russian Sunflower



A giant among annuals. Give them plenty of room and you will be rewarded with plants up to 3m (10ft) tall with huge yellow flowers often 30cm (12in) in diameter. Useful to grow against an unsightly shed or fence. Bird's love the seeds so grow a few plants close to the house and watch them feed in the autumn. Flowers summer. Height 8-10ft.

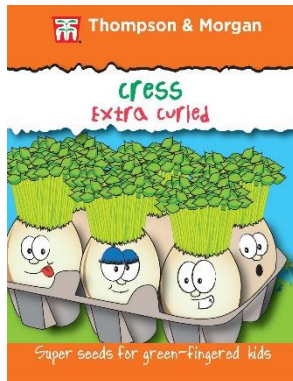
Sow early spring to early summer outdoors where they are to flower. Prepare the ground well and rake to a fine tilth before sowing. Sow 12mm (1/2in) deep in rows 45cm (18in) apart.

For really giant sunflowers, sow them indoors in late winter/early spring, individually in 7.5cm (3in) pots at a temperature of 15-18C (60-65F). Grow on in good light conditions, harden off and plant out when all risk of frost has passed. They prefer a sunny open site but will grow in most sites and soils.



## We're supporting National Children's Gardening Week

### Extra curled Cress



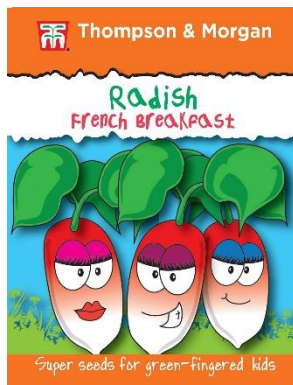
An all-the-year round, nutritious salad crop. Extra Curled Cress is easy to grow outdoors in the summer and inside during the cold months of the year.

Sow seeds any time of the year. Cress can be grown in trays of compost or on the surface of pads of cotton wool, flannel, kitchen towel etc. Place the growing medium in a small container or saucer and moisten well, then spread the seed thickly over the surface. Place in a polythene bag and leave in a warm place. For outdoor sowing, choose a partially shaded spot of ordinary reasonably moist garden soil. Sprinkle the seed liberally on the

soil surface and cover with a mat or thick brown paper until the seeds germinate. Keep moist until you harvest

Keep the seeds dark until after germination and then move to a warm well-lit spot ensuring that the medium stays moist. Cress is ready in around 1-14 days after sowing.

### Radish - French Breakfast



Crisp, crunchy, mild and sweet. Radish French Breakfast 3 is ideal for decoration - make small uneven cuts around the outside of the radish, place in iced water and it will open up into floral shapes.

Radishes grow well in most soils, but prefer rich, moist free draining soils. Sow seeds at regular intervals from early spring to early summer in well cultivated soil. Sow seeds very thinly 1cm deep in drills 15cm apart. Thin out the seedlings to 3-5cm apart. Water during dry spells. For summer sowings choose a moist cool spot to prevent running to seed. As radishes grow so fast and use

less of the soil's goodness, use them totally as a catch crop with other slower maturing produce. Harvest as soon as the roots reach reasonable size, if left too long they will become hot and woody.

We'd love to see your seed sowing pics! Post them on our social media pages using #LetsGetGrowing or email them to us at: [millbrookfamily@millbrookgc.co.uk](mailto:millbrookfamily@millbrookgc.co.uk)