



How To Grow Your Wildflowers

These seeds are a gift for you.



You can sow them in your garden or plant them at home.

About sowing seeds.



When you sow these seeds they grow into wild flowers. **Sowing seeds** means putting seeds in soil so they can grow.

Where to sow seeds.



You can sow the seeds in a sunny part of a garden.



You can also grow them in a plant pot or window box.



If you don't have anywhere to plant them, you can give them to friends or family.

When to sow seeds.



You can sow your seeds in March, April, May or June. We are encouraging people to plant their seeds as soon as they can.

What you need:



Your seeds.



Compost (if you are growing them indoors or in a plant pot).



Watering can.



Something to dig, like a trowel or spade.

How to do it:



Gather what you need.



Find a good place to sow the seeds.



Remove any weeds.



Mix up the soil with your trowel or spade.



Scatter your seeds evenly.



Gently walk over or press the seeds into the soil.



Growing Your Flowers:

It will take some time for seeds to grow into flowers.



After they have flowered you can collect new seeds from the wild flowers and replant them somewhere new.



Cut the plants to the ground as they die off.



Put your cuttings into your green bin or into a composter if you have one.

Note for Support Workers and Families:

These wildflower seeds have been gifted to celebrate Community Integrated Care's exciting new partnership with the RSPB, WWF and the National Trust and their 'Save Our Wild Isles' campaign.

They have been specially chosen as they are easy to plant, low maintenance and can have great sensory benefits. We thank you for enabling the people you support to be part of this programme.

To find out how to sow your seeds indoors or in pots please visit

www.CommunityIntegratedCare.co.uk/Nature

Please share pictures and videos on Yammer using the hashtag [#SaveOurWildIsles](#) for a chance to win special prizes.