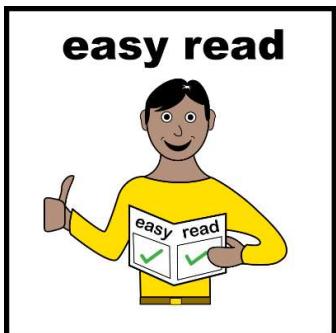


Easy read guide to sowing small seeds in trays



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 small seeds

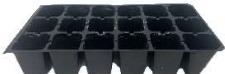
This is a guide to sowing small seeds.

Some examples are:

- Basil
- Cress
- Microgreens
- Tomato
- Snapdragon
- Pansy

Some plants have large seeds. For example, sunflowers and broad beans. We also have an easy read guide to sowing large seeds. You can find it on our website.

What you need

	Small seeds
	Seed tray. You could use small pots instead.
	Seed sowing compost
	Ruler
	Bigger tray to put seed tray in. You could use a washing up bowl.
	Watering can
	Plant labels and pens. You could use lollipop sticks instead.

How to do it



1. Gather what you need



2. Over fill seed tray with seed sowing compost.



3. Push soil off the top of the seed tray. Use the edge of the ruler.



4. Gently tap seed tray to settle soil.



5. Place seeds evenly on top of compost. The seed packet may tell you how far apart to place them.



6. Lightly cover seeds with a bit more compost.



7. Write plant name on label or lollipop stick.



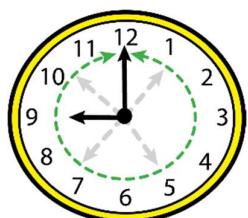
8. Place label in seed tray



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



10. Place seed tray in water



11. Take seed tray out of water when it feels heavy. This will take around 1 hour.



12. Put tray 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 seed tray. 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 individual pots. This is called **pricking out**.

We have an easy read guide to pricking out. You can find it 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 calendar

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

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