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# WHAT TO SOW & GROW IN

# May



Indoors or under glass



Direct outdoors

- Larkspur seed is a good alternative if you struggle to grow delphiniums
- Brighten up your summer bedding by growing salvia. Start them off indoors this month
- Start to sow biennial plants in seed trays for transplanting later on. Grow foxglove, sweet william and wallflowers
- Start off sweetcorn in modules ready for planting out after all risk of frost has passed. Grow at least 12 plants for good pollination and cropping
- Think ahead to winter cropping and start kale seeds under cover now
- Direct sow sunflowers where they are to flower
- Also sow poppy, cornflower and scabious seed to attract bees and butterflies to your garden!
- Try borage - the flowers can be used for garnishing salads and desserts
- Comfrey can be sown in a neglected corner of the garden. This can be used to make fertiliser or for mulching and is a rich source of nutrients

# WHAT TO DO IN THE GARDEN



- Thin out drifts of hardy annuals
- Trim back spreading plants such as aubrieta, alyssum and candytuft after they have flowered to encourage fresh new growth
- Tie in your sweet peas with plant support rings to encourage them to climb
- Thin out direct sown vegetables such as spinach, carrot and lettuce seedlings then water the rows well
- Pinch out the growing points of broad beans as soon as beans start to appear at the base of the plant to reduce the risk of black fly attack



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