



WHAT TO SOW & GROW IN

June



Indoors or under glass

- ✓ Start thinking about which spring flowers you would like to have next year. Sow perennial seeds such as aquilegia, bellis, delphinium and lupin
- ✓ Sow winter flowering pansies in seed trays now, so that they will be ready for winter containers
- ✓ Sow cucumber and gherkin seeds in individual pots or modules
- ✓ Runner and french beans can continue to be sown under cover
- ✓ Sow winter cabbage seeds now as they require a long growing season. Start them off in a greenhouse or cold frame



Direct outdoors

- ✓ It is not too late to direct sow calendula, candytuft, godetia or larkspur for a show of flowers later in the summer
- ✓ Nasturtiums are easy to grow in containers or from direct sowings - quick to flower too!
- ✓ Scatter nigella seeds in your borders now for some striking blue late summer flowers
- ✓ Try direct sowing nutritious pak choi every three weeks for a continuous crop
- ✓ Sow swede seeds outdoors in a rich fertile soil for autumn and winter crops

WHAT TO DO IN THE GARDEN



- ✓ Now there is space on windowsills again, think about sowing biennials for next year
- ✓ If any of your hanging baskets have become leggy or mis-shapen, simply trim the excess off which will encourage bushy growth
- ✓ Dead head and cut back oriental poppies after flowering. Cutting them close to ground level will stimulate new foliage
- ✓ Harvest salad crops and resow every two weeks for a constant supply of tasty leaves
- ✓ Pinch out any side shoots from your tomato plants and feed once the first truss is setting fruit. You can pot up the side shoots to create new tomato plants



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