

# Seeds for our Bees



## Why sow wildflowers?

Sowing wildflower seeds to create a wildflower meadow in your garden can help to attract bees, hedgehogs, dragonflies, birds and other wildlife to your outdoor space. Not only will it become an attractive feature bursting with variety and colour, but it'll create a lively feeding and nesting ground for bees and other insects.



## What can we do to help bees?

One of the easiest ways to help out bees is by planting lots of bee-friendly flowers in your garden. Bees favour a wide range of wildflowers, which you can grow easily.

Simply scatter the wildflowers that we have provided in your garden or in a container.

This one small action may not seem much but collectively it will make all the difference in the world.

We would love to see photographs of you getting your hands dirty sowing your seeds and when the flowers are in bloom. Perhaps see how many visiting bees you can record. Can you spot the blue cornflowers, red poppies or golden marigolds? Send your photographs to [info@amersham-tc.gov.uk](mailto:info@amersham-tc.gov.uk) (Amersham Town Council) so we can share your snaps and create a collage of your displays.\*

Join Bucks Buzzing to find out lots more about bees and other pollinators and let's get cracking:  
[www.bucksmknep.co.uk/bucksbuzzing](http://www.bucksmknep.co.uk/bucksbuzzing)

## Why do bees need our help?

To most of us bees are simply friendly visitors to our gardens, often seen buzzing around the flowers in spring and summer, however, we need bees to pollinate our crops, fruits and vegetables and without them we would soon all go hungry.



\* Photographs may be used on the Amersham Town Council 's Facebook page, website or in other Council related publications.



# Seeds for our Bees

For more information and ideas on how you can help save our natural world visit [www.sustainableamersham.org](http://www.sustainableamersham.org)

Over 1000 school pupils in Amersham have been offered wildflower seeds and we would love you to be part of our fun project to **sow seeds for bees**. These seeds are a mixture of rainbow annuals - the exact same wildflowers that are flowering around Amersham. With your help we hope to sow an area the equivalent of three football pitches. Wow!

If you do not want to participate, please return your packet of seeds to your teacher.

## How to sow your wildflower seeds

### If sowing on the ground (you have enough seed to sow a 2 square metre patch of soil)

Choose a fine day in April or May when the soil is neither too wet nor too dry.

Clear all existing plants and grass - it's particularly important to remove weeds such as stinging nettles.

Dig over the soil with a spade or fork and press it down well before raking to create a level seed bed (ideally this is done at least two weeks before sowing the seeds).

Scatter your wildflower seeds over the soil by hand - a little at a time for an even spread.

Rake the soil again - gently - to cover the seeds with a very thin layer (1mm) of fine crumbly soil. Water the whole area using a watering can, taking care not to wash your seeds away.

Ensure the soil is kept moist during hot, dry periods for the best germination. Water at least twice a week.

The wildflowers will bloom in about seven weeks - enjoy your display! .

### If sowing in a container/pot

Find a suitable container or flowerpot. Take some handfuls of soil (soil is better than compost) and fill the container by two-thirds.

Dampen the soil with a little water (don't make it too soggy!)

Sprinkle your seeds on the soil. You have enough seeds to fill 10 small pots so use sparingly!

Cover the seeds with a small handful of soil (about 1cm) then water the seeds gently.

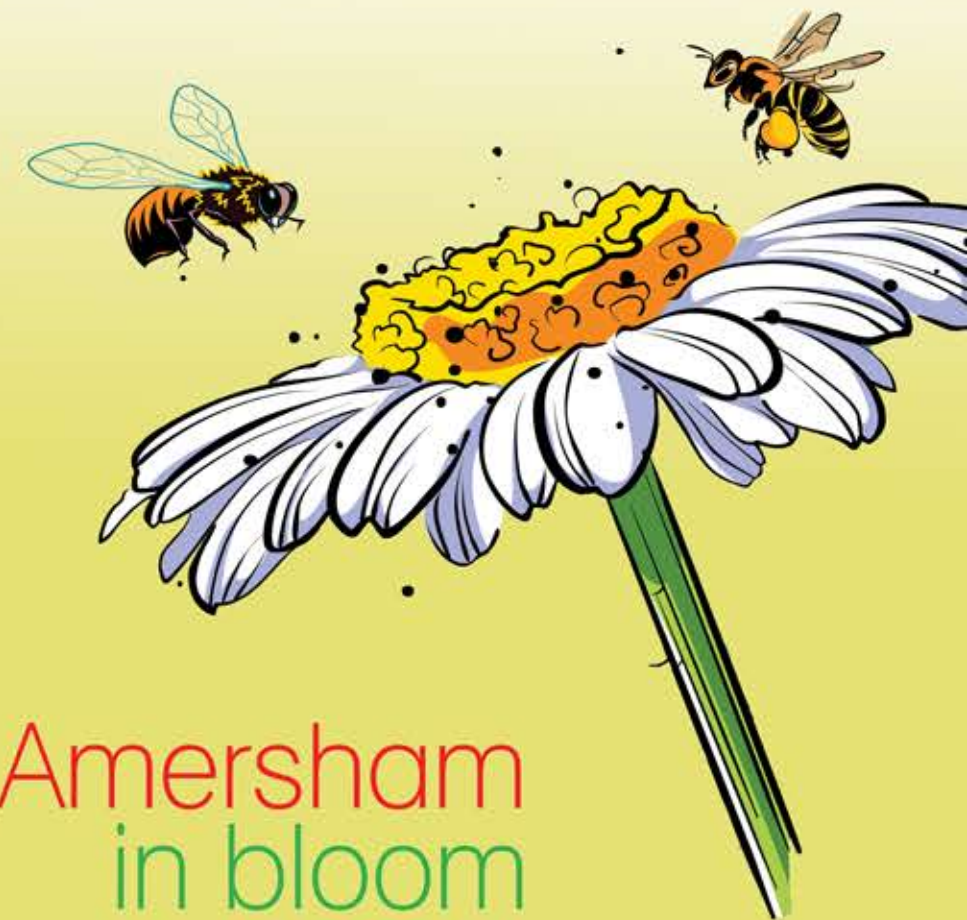
Place your pot/container in a sunny spot and water every two days.

The wildflowers will bloom in about seven weeks - enjoy your flowers (and bees!).

Remember to send your photographs to [info@amersham-tc.gov.uk](mailto:info@amersham-tc.gov.uk). Photos may be shared on the Amersham in Bloom Facebook Page.

### Did you know...

Honey bees are super important pollinators for flowers, fruits and vegetables. This means that they help other plants grow! Bees transfer pollen between the male and female parts, allowing plants to grow seeds and fruit.



**Buckinghamshire  
Council**



**Amersham  
in bloom**  
BRINGING COLOUR TO THE COMMUNITY