








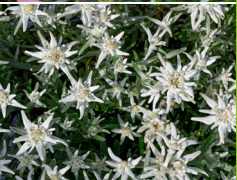















PERENNIAL FLOWER SOWING GUIDE

Sowing perennials allows you to easily multiply your flowers. Some seeds need **stratification** before they can germinate. If you want to keep things simple, just sow them outdoors in the fall and let winter do the work!

	NAME	INSTRUCTIONS AND RECOMMENDATIONS
	<p><u>Agastache</u></p>	<p>Sow indoors in February or March.</p>
	<p><u>Aster</u></p>	<p>Some varieties, such as the New England aster, require cold stratification for 30 days. The seeds are planted at a depth of 2 mm and can take 3 to 5 weeks to germinate.</p>
	<p><u>Beebalm</u></p>	<p>Sow indoors in March, cold stratifying the seeds before sowing. Larkspur can be invasive depending on the region where it is grown.</p>
	<p><u>Bellflower</u></p>	<p>Sow indoors in February. Soak the seeds in lukewarm water for a few hours (never more than 24 hours) before planting. Stratification is optional but recommended for better results. You can also sow directly in the garden once all risk of frost has passed.</p>
	<p><u>Centaurea</u></p>	<p>Sow indoors in March for early flowering.</p>
	<p><u>Chinese wisteria</u></p>	<p>Sow indoors as soon as March, after soaking the seeds for 24 hours. Germination is slow and the seeds need warmth to germinate. Before planting, check that wisteria is not invasive in your area.</p>
	<p><u>Columbine</u></p>	<p>Sow outdoors in the fall or indoors at the end of March with cold stratification (6 to 8 weeks in the refrigerator).</p>

	<p>Daisy</p>	<p>Sow indoors in March or sow directly in the garden in the fall or spring.</p>
	<p><u>Echinacea</u></p>	<p>Sow outdoors in the fall or indoors in April after cold stratification.</p>
	<p><u>Edelweiss</u></p>	<p>Broadcast sow indoors in March in a mixture of soil and sand, lightly covering the seeds. Stratification may be necessary.</p>
	<p><u>Gaura</u></p>	<p>Sow indoors in March in a pot (once rooted, gauras do not like being transplanted) or sow directly in the garden in spring, once the soil has warmed up.</p>
	<p><u>Globe thistle</u></p>	<p>Sow indoors as soon as February and plant out once the soil has warmed up to enjoy summer flowering. Can also be sown directly outdoors in the spring.</p>
	<p>Knautia</p>	<p>Sow in February. Barely cover the seeds with soil (they need light to germinate).</p>
	<p><u>Larkspur</u></p>	<p>Sow biennial perennial varieties in February to enjoy summer flowering. For annual species, sowing indoors in February allows for earlier summer flowering.</p>
	<p><u>Liatris</u></p>	<p>Sow in March. Cold stratification (6-8 weeks in the refrigerator) is necessary for germination. Alternatively, sow outdoors in the fall for natural stratification.</p>
	<p><u>Lupine</u></p>	<p>Sow indoors in April using a mixture of soil and sand. Use cold stratification or soak the seeds for 24 hours beforehand to accelerate germination. Sow directly in the garden in the fall or spring. Lupine self-seeds readily. If your soil meets its needs, it is so easy to grow that it can become invasive!</p>
	<p><u>Perennial baby's-breath</u></p>	<p>Sow indoors in late March with good light. Surface sow the seeds, then press them into the potting mix. Alternatively, they can be sown directly outdoors in the spring, once the soil has warmed up, to enjoy summer flowering. Baby's-breath is considered invasive in some regions.</p>

	<u>Perennial lavender</u>	Sow indoors in February or March. Provide plenty of light and high humidity. Use cold stratification or soak the seeds for 24 hours before sowing to facilitate germination.
	<u>Poppy</u>	Sow in February for earlier flowering. Perennial poppies prefer direct sowing in the garden (they don't like to be disturbed). If sowing indoors, use individual containers to avoid transplanting.
	<u>Rudbeckia</u>	Sow indoors from February to April to enjoy summer flowering. Barely cover the seeds with soil (they need light to germinate).
	<u>Scabiosa</u>	Sow indoors in March for early flowering.
	<u>Speedwell</u>	Sow indoors in late February or early March.
	<u>Yarrow</u>	Sow indoors, 8 to 10 weeks before the last frost (March or April in northern regions).