

# Butterfly Garden

## Planting Instructions

### Sow indoors January – March

Fill plant cell half way with the prepared coir. Add 2 seeds per cell and cover over with the remaining coir. Locate to a warm place at a temperature of 18 - 21°C . Water when needed. The coir should be damp to the touch but not waterlogged. As soon as the seedlings appear, relocate to a warm windowsill out of direct sunlight at a temperature of approx 15°C. When seedlings are large enough to handle they can be transplanted in to larger pots.

### Transplanting outdoors

Once the risk of frost has passed, harden off the plants by leaving outdoors during the day and bring in at night for one week.

## Sea Holly

### Eryngium Planum

- Will provide shelter to pollinators
- Blooms into early autumn
- Thistle-like blooms
- Growing height: 120cm



## Cosmos

### Cosmos Bipinnatus

- Pollen rich variety
- Stunning pink blossoms
- Attracts other beneficial insects
- Growing height: 110cm



## Rock Rose

### Helianthemum

- Nectar rich variety
- Blooms from late spring
- Ideal for ground cover
- Growing height: 15cm



## Tickseed

### Coreopsis Lanceolata

- Daisy like flowers
- Nectar rich flowers
- Compact habit, ideal for containers
- Growing height: 40cm



## Lazy Dasiy

### Aster Alpinus

- Small compact blooms
- Nectar rich variety
- Low maintenance
- Growing height: 25cm

