



MEADOW *FLOWERS*
A U S T R A L I A

How to
SOW GUIDE

A Guide to Sowing Wildflowers



Create your very own meadow flower garden using this easy step-by-step guide.

Where: Anywhere! Just choose a seed mix suitable for your space – consider the amount of sun or shade, topography, and moisture levels. Also consider what you are hoping to achieve (low growth or high growth, insect, or bird attraction).

When: You can sow year-round, the best results will be achieved if you sow in autumn and spring. Avoid frost.

How: This guide will help you or you can watch our video.

[Watch How To Sow Video.](#)

What: Seed, vermiculite, compost, 2-4 mixing bowls, sugar cane mulch, a spray bottle and a rake, access to water. Extra things that may come in handy: garden roller, weed killer, old cardboard, newspapers, or plastic sheeting to help smother weeds.

Questions: Please email us at contact@meadowflowers.com.au or get in touch with us via social media [@meadowflowers_australia](#).





Step 1 – Measure and order

Measure your proposed garden area in m² to determine how many grams of seed you need. For a dense and vibrant meadow, we recommend using 2 - 3 grams per m².

Seed Sowing Rate Guide

1 m² - 2 - 3 g of seeds

10 m² - 20 - 30 g of seeds

100 m² - 200 - 300 g of seeds

1 acre - 8,100 - 12,150 g of seeds

Order Your Seeds On Our Website

[Visit Our Online Store](#)



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Step 2 – Prepare your seedbed

A healthy and nutritious seedbed will give your meadow the best chance of success.

First - remove the weeds

Begin by clearing the area of weeds and debris. We prefer manual removal of weeds and debris or placement of dampened ‘black ink’ newspaper and moistened brown cardboard to starve weeds and their seeds of light. If you must use a weed killer, we recommend organic products like ‘Slasher Weedkiller’ or ‘Weedmaster Argo’.

Once weeds are removed and any remaining plants are fully yellow, remove as much debris as you can. Some of our most avid meadow growers will repeat this process.

Second - create a smooth, nutritious seedbed

Add nutrients to your soil. We recommend mushroom compost or mature cow manure. Dig, rotary hoe and/or scarify and/or rake your nutrient-rich soil mix to create a smooth friable/fine tilth seedbed. For the non-gardeners among you, this means using a rake to create a soft, fluffy, and level bed for your seed.



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Step 3 – Prepare your seeds

You will need a carrier to ensure the even distribution of your delicate seeds. Some seeds are very fine and will need a little extra help.

We suggest using grade 3 vermiculite as your carrier. It is non-toxic and safe for the environment. It will keep your seeds warm and moist.

For every 2g of seed use around 20g of vermiculite. If your seedbed exceeds 50m² add 10% to your vermiculite quantity.



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Step 4 – Sow your seeds!

For this task, you'll require two clean containers. Stainless steel mixing bowls are ideal; however, plastic containers like those used for ice cream or buckets are also suitable. We'll base this guide on sowing 1m² so you can easily modify the quantities according to your area.

For Container #1:

Add 20g of vermiculite for the 1 m² area.

Mix in 2 grams of seeds.

Combine both by hand until they're evenly mixed.

For Container #2:

Transfer half of the mixture from Container #1 into Container #2, allocating an equal amount in each container.

Moisten with a fine spray:

Moisten the mixes in Container #1 and #2 with a fine mist spray while mixing by hand. Ensure the mix is uniformly damp so that the seeds adhere to the vermiculite for even spreading.

Tip:

For easier sowing and quantity control, consider dividing the seed/vermiculite mix into smaller, evenly-measured portions. Additional containers, such as a third or fourth, can be used for this purpose.



Step 5 – Spread the seeds & and vermiculite carrier

Using an open hand method spread the dampened mix in Container #1 from left to right and from top to bottom for even distribution – this method is called ‘cross-hatching’.

Repeat this process with Container #2 and any other remaining containers of seed and vermiculite mix.

Step 6 - Protecting and watering your seeds

Protect your seeds with a **thin layer** of sugar cane mulch. This will help retain moisture and prevent birds from eating your seeds. Don’t overdo the mulch – a fine layer is all you’ll need.

You risk blocking seed sprouts if you spread it too thickly.

Water gently to moisten the soil. You will need to keep the soil consistently moist until and after germination.

We do suggest installing an irrigation system, including a timer if available – 10 minutes morning and night for the first few weeks. However, if you do not have an irrigation system you will need to soak your seeds once or twice a day by hose for the first few weeks. Try to be consistent. The cool of the morning and evening is best. Avoid full sun.



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Step 7 – Aftercare

It should take 4-6 weeks for sprouts to start showing (depending on weather, soil quality and other variables). Be conscious of birds -particularly chooks! - and wildlife. Discourage them where possible. The seed is not dangerous to wildlife, but you don't want it to become food.

Once the meadow begins to grow, monitor for weeds and grasses that will be competing with your flowers-in-waiting.

Hand-pull any weeds or use a herbicide. We recommend chemical herbicides such as 'Fusillade forte 128EC'.

Continue to water as needed, especially during dry spells or particularly hot days.

Once the meadow begins to grow, monitor for weeds and grasses that may be competing with your flowers-in-waiting. If necessary, use the recommended herbicide. Continue to water as needed, especially during dry spells or particularly hot days. If grass becomes a problem, we recommend chemical herbicides such as 'Fusillade forte 128EC'. Please read and apply the instructions carefully. If used properly, only unwanted grasses will die giving your wildflowers room to bloom.



M e a d o w F l o w e r s

Step 8 – Maintenance

Our annual flowers will flower for one season and our perennials will flower year after year. Some of the annuals will self-seed and reappear in the following seasons. Perennials can be cut back to 15cm above ground in autumn to encourage new growth and new flowers.

Please read and apply the instructions carefully. If used properly, only unwanted grasses will die giving your wildflowers room to bloom.

Now you can kick back and admire your meadow happily in the knowledge that you won't have to spend hours mowing!

You now have a special space for you and local wildlife.

We would love you to share photographs of your meadow with us on socials via social media [@meadowflowers_australia](https://www.instagram.com/meadowflowers_australia), or at contact@meadowflowers.com.au

