



Green hued Lenten Rose (*hellebore*). *Hellebores are toxic. Wear gloves when handling.*

## Sow Spring Seeds

For a succession of blooms, scatter seeds from any of your favorite annuals. These plants are pollinator attractors, enjoy plentiful sunshine, and most are excellent as cut flowers.

Alyssum	Bluebell	Cosmos	Poppy
Aster	Calendula	Forget-Me-Not	Stock
Baby Blue Eyes	Candytuft	Gaillardia	Strawflower
Baby's Breath	Cornflower	Hollyhock	Sunflower
Bachelor Buttons	Clarkia	Lavatera	Zinnia
Black Eyed Susan	Coreopsis	Marigold	

My preferred time to spread seeds is right before a shower. Keep an eye on the forthcoming weather and plan accordingly. The rain will give your seeds a deep drink and you won't have to water immediately.

Grab your hat, gloves, a spade, and packets of seeds to enjoy the renaissance of nature. Dig your fingers into the soft earth and watch your spirits soar. As the renowned horticulturist, author, artist, and garden designer wrote, "The love of gardening is a seed that once sown never dies." Be reborn this spring.

