



20th January 2025

Kickstart the new year and discover the joy of seed sowing with British Garden Centres!

January presents the perfect opportunity to start sowing seeds, ready to bring your garden to life for spring and summer. Whether it be flowers in borders or containers, growing your own vegetables, or a herb garden, by starting seeds early, you can ensure a good start on the growing season, leading to earlier harvests and a thriving garden. The team at British Garden Centres have put together a guide on the best seeds to sow now!

Many seeds can be started indoors during January, allowing you to take advantage of the controlled environment. This is particularly beneficial for tender plants that require warmer temperatures to germinate. Starting seeds indoors gives them a head start, ensuring they are ready for transplanting when the weather warms up. January is also an excellent time to sow cold-tolerant varieties such as broad beans, peas and other greens. These hardy plants can withstand cooler temperatures and will thrive as soon as the soil warms up in spring. Seeds sown in January often develop stronger root systems, leading to healthier plants. By giving your seeds a head start, you can ensure they are well-established before facing the challenges of outdoor conditions and the unpredictable UK climate.

What you can sow in January

Broad Beans: They thrive in cooler temperatures and can be sown directly into the ground or started in pots indoors.

Peas: Easy to grow and ideal for early planting, peas can be sown indoors to give them a headstart.

Onions: Starting onion sets or seeds indoors in January allows you to enjoy a harvest in summer.

Cabbage and Kale: These cold-tolerant greens can be sown for an early spring harvest. They are packed with nutrients and can be used in salads, soups, and stir-fries.

Raspberries: These can be planted at the start of the year as they are hardy and can tolerate cold temperatures.

Strawberries: While typically planted in spring, bare-root strawberry plants can be planted in late winter.

Our tips for successful seed sowing

You've picked your seeds – now to get them started! We recommend using small pots or trays to help your seedlings grow well. Once your plants have germinated, they will be ready for the garden or potted on. Get ready with bigger pots, plant food, and small greenhouses online or at your local British Garden Centres store with our checklist.



20th January 2025

Soil: Healthy soil is the foundation of a successful garden. Ensure your soil is well-drained, fertile, and free from weeds. Consider adding organic matter or compost to enrich the soil.

Packet instructions: Each seed variety has specific sowing instructions regarding depth, spacing, and light requirements. Be sure to read the seed packet carefully and follow the steps for seed sowing success.

Light: If you are starting your seeds indoors, ensure they receive plenty of light. Consider using grow lights or placing them on a sunny windowsill to give them the best start.

Watering: Keep the soil consistently moist after sowing your seeds but not waterlogged.

Transplant with Care: When it's time to transplant your seedlings outdoors, do so gradually to acclimate them to their new environment. This process, known as hardening off, helps reduce transplant shock.

Download our free gardening guide

Download our 2025 Grow Your Own guide for a month-by-month plan of when to sow, plant and harvest a range of fruit and veg! Visit www.britishgardencentres.com/wp-content/uploads/2025/01/BGC-Grow-your-own-guide-2025.pdf to download your free copy today!

Paul Williams, Plant Buyer at British Garden Centres said: "Don't let the winter months hold you back in your garden. Our knowledgeable staff at your local British Garden Centres store are ready to assist you in selecting the right seeds and providing tips for successful sowing. We offer a wide range of quality seeds, seed starting mixes, and gardening supplies to ensure your 2025 gardening journey is a success."

ENDS:

WORD COUNT: 633

Notes to Editors:

About the business:

British Garden Centres (BGC) is the UK's largest family-owned garden centre group with 65 centres around the country. The group is owned and led by The Stubbs family, who also own and operate Woodthorpe Leisure Park in Lincolnshire.

BGC was launched in 1987 with the opening of Woodthorpe Garden Centre funded by brothers Charles and Robert Stubbs. Since 2018 it has expanded rapidly with the acquisition of 50 garden centres allowing it to grow from its heartland to the business it is now with 65 garden centres spread from Carmarthen to Ramsgate, Wimborne to East Durham.

The group has a team of 2,700 colleagues working across the garden centres, restaurants, 2 growing nurseries, 4 distribution centres and Woodthorpe Leisure Park and Woody's Restaurant & Bar.

Social Media

Facebook: British Garden Centres

Twitter: @BGCentres

Instagram: @BritishGardenCentres



20th January 2025

Website: www.britishgardencentres.com

Cassie King

PR Officer

cking@britishgardencentres.com

07875 337290