

HOW TO PLANT

Before starting to plant a flower, you will need some important information: which are the essential elements for a plant life cycle? **Sunlight, water, soil, air**. These elements help to make the photosynthesis, which converts the light energy captured from the sun into chemical energy that helps to fuel the organism's activities. Without these crucial elements, it will be impossible for a plant to live.

Planting flowers to attract the bees and have a beautiful garden:

1) Purchase a potted flower

Before purchasing a plant, make sure that it does not have any pests and that it is healthy and vigorous. How can you notice it? If you see a yellow color at the leaves, if it is wilted or if you see white small dots spread all over the plant, it is better to choose another plant. Read carefully the label of the plant, which describes the type of the climate zone it can survive in.

Instead of a potted flower, you can also buy seeds of the flower you want to plant and grow. Have a look at the [workshop guide “How to get free seeds”](#).

2) Work the soil

If you are planting a potted flower: Work the soil to a depth of at least 30-50 cm all around the planting area. If the soil is too hard or dry, you can amend it with peat moss, commercially bagged soil, and/or compost to improve the texture. It is possible that the soil may be too fine and it cannot hold water; or it can be heavy clay that holds too much water and can smother the roots. The perfect soil that you want for the flower must be crumbly, soft and easy to pack tightly around the root ball.

After that, dig a hole. The hole must be twice as large as the diameter of the flower's pot. Very carefully, take the plant from the pot. If the plant is root bound (the roots are tightly wrapped around the root ball), take a sharp garden knife and slit the side of the root ball from top to bottom on at least four sides, also slicing off the bottom of the root ball if it is tangled with roots too. Place the plant in the center of the hole. If the roots are loose, spread the roots gently under and around the plant.

If you are planting seeds: Start by pressing the soil. After pressing, you need to level the surface, move away stones or coarse material, which would create serious problems for seed germination. The surface must be very smooth. Once you have done that, you can start planting: remember that the smaller seeds must stay nearer the surface and the bigger ones go deeper.

3) Spread a layer of loose dirt

Spread a layer of loose dirt around the base of the root ball. With your garden hose or bucket, add enough water to cover the dirt. Add another layer of dirt to the hole and more water to

cover. Repeat until enough soil has been added to the hole to completely cover the root ball. The soil may be soft and muddy. Let it sit for a bit until the water drains down, and then press down all around the edge of the root ball until the plant is tightly held in the hole.

4) Water

If you are planting a potted flower: Water the flowers regularly (every 3-4 days). This will also depend on the season and on the type of flowers. For example, the ones that have large leaves use water faster than the ones with narrow leaves. Also, if you find that the soil is becoming dry, do not overwater it because it can drown the roots.

If you are planting seeds: Water gently, otherwise you risk undermining the seeds. Then cover with a sheet of paper: the darkness favors germination.

Inspect the soil regularly - it must never dry out completely. As soon as the fresh and tender shoots will pop out, you can remove the paper and keep the plants in the light and the sun (except for the plants that prefer the shade).

Always water with fresh water and, if possible, add a few drops of lemon juice, which, with its acid pH, counteracts the excessive alkalinity of tap water.

Practical tips:

Garlic

The garlic is always a good natural pesticide. Soak and crush 7 cloves of garlic in one liter of water (also add 3/4 drops of alcohol), filter and spray on the plants while avoiding the flowers. The garlic will act against the insects.

Cleaning the plants

You should clean the plants regularly, because they need air to breathe. So look inside the vegetation, remove damaged or weak parts (faded flowers, dried leaves etc.).

For additional information and resources on planting flowers, you can check out the [“Planting flowers” guidelines](#).

References:

- *Luka Sardella & Janira* - [://www.lucasardellaejanira.it/dettaglio-post-rubrica.php?id=18&page=1&m=&y=&k=G&r=](http://www.lucasardellaejanira.it/dettaglio-post-rubrica.php?id=18&page=1&m=&y=&k=G&r=)
- www.wikihow.com