

# Kids Grow Cornflowers

Cornflowers are easy to grow wildflowers that bees and butterflies love. You can even eat the petals! Sprinkle them over salads or use them to decorate cupcakes.

Although cornflowers are usually blue you can get them in other colours or packets of mixed seeds.

## Popular cornflower varieties

### Cornflower 'Jubilee Gem'

Deep blue flowers

### Cornflower 'The Bride'

Fluffy, white and sweetly scented

### Cornflower 'Black Ball'

Chocolate-coloured, almost black petals

## What you'll need:

- Packet of cornflower seeds
- Container and multi-purpose compost (if using)
- Trowel and rake (if growing in the ground)
- Watering can

## Why should you grow them?

### Attract pollinators:

Cornflower nectar is unusually sweet, and a favourite food source for bees and butterflies.

### Edible:

You can eat them! The flowers really brighten up a salad.

### More fruit and veg:

Pollinators are attracted to the flowers but then go on to pollinate your fruit and vegetables.

## FUN FACT!

Cornflowers used to grow as weeds in cornfields (and fields growing other grains such as wheat, barley, rye and oats) - which is how they got their name.



**1**  
Rake the ground or fill your pots.  
Photo credit: Victoria Denisova, Shutterstock



**2**  
Sow them with other wild flowers for an amazing display!  
Photo credit: Anjo Kan, Shutterstock



**3**  
Your cornflowers will last all summer.  
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## Step 1: Prepare the ground

- If you're growing them in the ground, pick a sunny spot.
- Remove any weeds.
- Rake the soil so it's fine and crumbly.
- If using a container, fill it with compost.
- Water the soil before sowing.

## Step 2: Sow your seeds

- If you sow from March to May, you'll have flowers from June to September.
- Sow your seeds where you want the flowers to grow.
- You can grow them on their own, or with other wild flowers like poppies.
- Sow your seeds 1cm deep and 5cm apart.
- Cover with soil.

## Step 3: Grow your cornflowers

- Cornflowers are easy to look after and can even cope with frost.
- They should start growing in three weeks.
- Thin them to 20cm apart in all directions.
- They'll reach their full height in 3-4 months.
- Pick your flowers just before they're fully open.
- Cut them just above a leaf, and they should flower again.
- Cornflowers 'self-seed' and come back next year!