

5 Reasons Why You Should Plant Wildflower Seeds In The Fall



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There are so many reasons why you should plant wildflower seeds in the fall.

Can you believe I used to think planting [flowers](#) was a waste of space? I wanted veggies to take up every ounce of square footage I had when I first started gardening.

Now, my garden contains more flowers than ever before. Planting flowers, wildflowers included, is great for so many reasons. And fall is the perfect time to scatter those seeds.

Why you should plant wildflower seeds in the fall

Here's why you should plant those seeds soon.

You'll have flowers in the spring.

Fall planting means you'll be gifted with pretty blooms as soon as spring arrives—timing, of course, depends on the varieties you choose to plant.

If you're planting wildflower seed in a cold climate like mine, you need to ensure you get the timing right.

Plant too soon, and you risk having those seeds [germinate](#). If they germinate, they'll get killed right away by frost.

The best time to sow wildflower seeds is after at least one or two hard frosts. This lowers the chances that a thaw will occur, and the soil will warm enough for seeds to sprout.

In warmer climates, you can plant sooner. Sowing about two to three months before frost arrives allows those flowers to develop root systems that will enable them to survive over winter.

[Order seeds here.](#)

Some flower seeds need a period of cold to sprout.

Some seeds, including certain varieties of wildflowers, require a period of cold exposure to germinate. This is called [cold stratification](#). When you plant in the spring, you might have to pop those seeds in the freezer. But by planting in the fall, you let Mother Nature do the hard work for you.

Planting is easier.

Another reason why you should plant wildflower seeds in the fall is that fall is less hectic. And since you're unlikely to be doing much else, there's plenty of time to dedicate to sowing wildflower seeds.

Fall also tends to be a nicer season compared to spring. Sure, warm spring weather is lovely. But in the fall, you're more likely to have pleasant, non-rainy days suitable for working the soil and sowing seeds.

Weeds aren't as much of an issue.

Weed seed that's hiding out in your garden won't be as much of a bother if you plant in the fall. That's because, at the end of the season, weed seeds have gone dormant.

And, in the spring, weeds won't have as much time to overtake the wildflowers, and you can easily spot and remove them before they become a problem.

4 Reasons to Grow Flowers in Your Garden



Cut flowers in the garden are the height of luxury. I used to think flowers were pointless. When I was younger, I didn't find them particularly romantic, and when I began gardening, I

thought of them as wasted space. Now I know better.

There are plenty of reasons to grow flowers in your garden. Each time I plan my garden, I always save plenty of room for flowers. This year, I even set aside space for perennial flowers right inside my garden beds. Why should frugal gardeners consider growing flowers in addition to tasty edibles?

Reasons to Grow Flowers

Here are the main reasons to consider growing flowers in your vegetable garden.

Free cut flowers

Planting flowers in my veggie garden has a few advantages, but none is more rewarding than a free crop of cut flowers. When we moved into our house, I became obsessed with making space feel like a home. For me, a home is a place that's full of life, including flowers. Unfortunately, vibrant bouquets were outside of my budget. I simply couldn't afford to buy a steady supply of flowers to adorn my kitchen table or living room credenza.

Instead, I grow my own bouquets. Flower seed is a tiny initial investment (even more so for perennial varieties) that provides an abundant return. My favorite cut flowers to grow are zinnias. These annuals are easy to grow, and they literally don't stop blooming until a killing frost. I used to keep them relegated to a single spot in my garden, but now they bloom among the vegetable plants.

Natural pest repellents

My garden flowers are great for cutting and displaying indoors, but they also serve another purpose. Some blooms have [pest](#) deterring qualities that make them great companions for a litany of edible plants. Marigolds, which feature prominently

in my garden, keep away a host of annoying bugs. They're the prettiest form of pest control, and they hardly require any maintenance.

Pollinator haven

I scatter flowers throughout my garden because they look beautiful and sometimes keep away pests. They also attract a host of pollinators. Without flowers to entice pollinators, my garden would be a sad place. Bright blooms and native flowers welcome [bees](#) and butterflies. They come for food and help me out with squash and tomatillos. Without them, I would have to hand pollinate, which I've never had much success with.

Aesthetic bonus

Lastly, flowers look beautiful. You could add all sorts of expensive adornments to your garden, but growing flowers from seed is an almost-free way to add a touch of beauty to your garden. This year, my garden is overflowing with flowers. They are tucked between [kale](#) plants and bursting among tomato plants. The garden is more full of color than ever, and it's never been more beautiful!

Flowers to grow from seed

If you're not sure where to start, here are a few easy-to-grow, low maintenance flower varieties that I enjoy growing from seed:

- Zinnias
- Poppies
- Bee balm
- Hyssop
- Daisies
- Marigolds
- Coneflowers
- Sweet alyssum

- Sunflowers
-

5 Common Reasons Why Your Houseplant Isn't Blooming



You brought home a gorgeous houseplant or received one as a gift. You admire it for a week or so while it bloomed gloriously. Soon after, the flowers fell away and the houseplant isn't blooming anymore or doesn't look as radiant as it once did.

Are you struggling to get that plant bloom again? Maybe you've never even seen the blooms you've been promised at all. Here are a few reasons why a houseplant isn't blooming.

The plant is too young

If you've never seen flowers on a plant that's supposed to bloom, it may be that the [plant is far too young](#). Certain plants don't bloom until they've been around for a few years. Some species only bloom once or twice in a lifetime.

It's too dark or bright

Lighting is an essential factor in bloom production. Some plants, for instance, require a hibernation period before they can put out flowers. Others won't bloom unless they receive adequate sunlight hours. Most plants need at least 6 hours of sun in order to produce flowers. You'll have to plunge certain plants in darkness (e.g., poinsettias) to force them to flower.

It's too hot or cold

If you've set your houseplant near a chilly windowsill, the low temperatures may be hindering bloom production. Some plants, however, require a period of vernalization (exposure to chilled temperatures) to produce flowers eventually. Extreme shifts in temperature can also affect blooming.

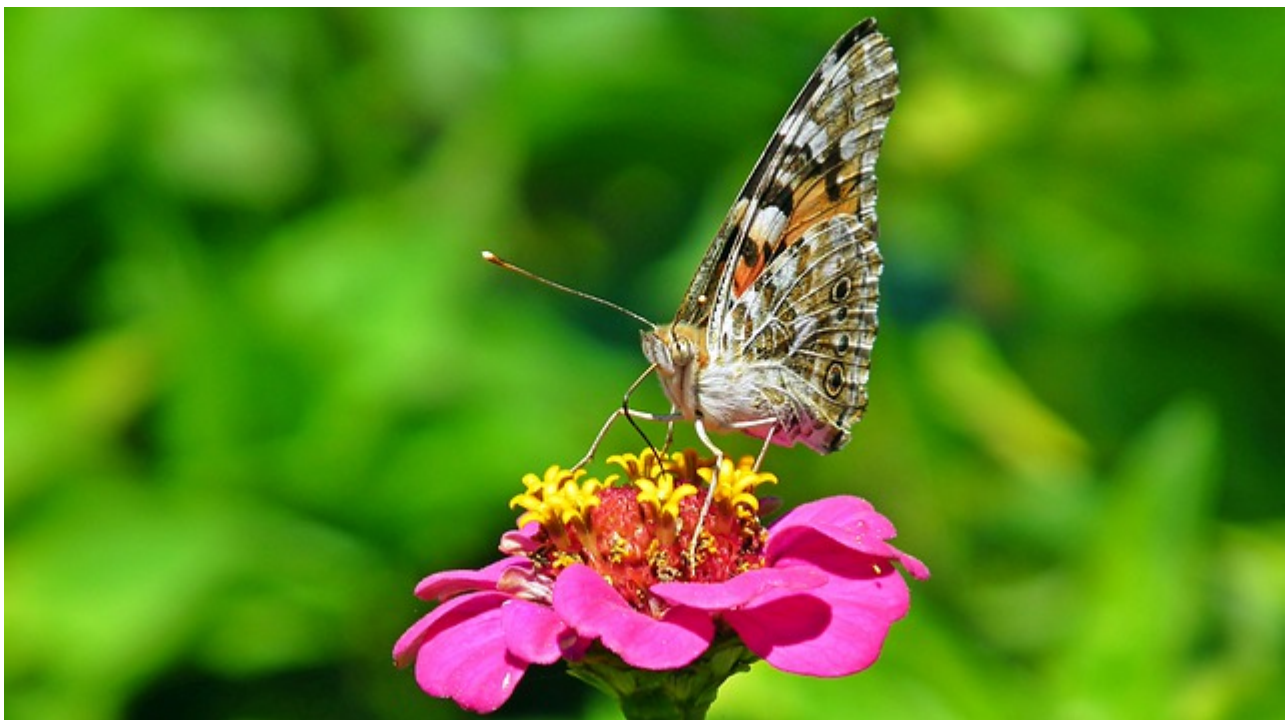
Feeding issues

If you're not feeding your plant correctly, it may not have the required nutrients to produce flowers. High-nitrogen fertilizers will produce lush green foliage, but you'll be hard-pressed to spot blooms. Likewise, if your plant is not receiving enough water, it may refuse to reward you with flowers.

You've disturbed the plant

Some houseplants may not bloom during a [season](#) in which they're transplanted. It can take some time before the plant is settled back in again and ready to flower.

4 Reasons to Plant Flowers in and Around Your Vegetable Garden



For a long time, I thought planting flowers was a pointless and frivolous gardening activity. Sure, they looked nice, but I was much more interested in growing food. Being able to grow frequently eaten foods such as lettuce, tomatoes, and arugula, meant that my grocery bills were lower, and I was even able to share excess produce with friends and family. Growing produce

is still the focus of my gardening efforts, but now, I put equal effort into cultivating a balanced ecosystem that includes flowering plants.

Why plant flowers?

Aesthetic: There's no denying that a patch of flowers around the garden looks beautiful. Well placed flowering plants pull together an outdoor space and really allow it to shine. A few containers of brightly colored gerberas on my back deck add a look I couldn't otherwise achieve with simple greenery.

Attract pollinators: Flowers are an essential food source for many pollinators, and the colorful blooms will bring bees and other buzzing beneficial insects to the fray. Pick native flowering plants, and each time you step into your outdoor space, you'll notice that your garden is vibrating with energy.

Attract predatory insects: Some flowering herbs and plants also attract predatory insects that can help you take a bite out of pest problems – and even avoid them altogether. Catmint, for instance, attracts lacewing insects, which in turn devour pests such as aphids and Japanese beetles. The tiny flowers on this herb also attract bees.

Enjoy cut flowers for free: If you're anything like me, you love having a bouquet of fresh-picked flowers on your coffee table or kitchen windowsill. It's a beautiful way to bring the outdoors inside, but buying plants from a flower shop is an expensive purchase that most frugal gardeners aren't able to afford. Even those with a sufficient budget to buy cut flowers are wary of spending money on this type of expense. Planting flowers in your garden allows you to have a steady supply of cut flowers for your home. My favorite are zinnias. Start a few indoors, transplant in the spring and in mid- to late summer you'll be rewarded with a prolific patch of delicate and colorful blooms.

Annual versus perennial

Plant a variety of flowers including perennial *and* annual varieties to ensure you have a varied array of blooms. I like to cover the bulk of my flower-designated areas with perennials since they're low maintenance and don't require me to purchase new seed each year. I do enjoy planting a few annual varieties (zinnias, for example), though. Don't be afraid to ask nursery employees for suggestions on what to plant.

When in doubt, pick drought-tolerant perennials, and you can enjoy a flowery display without too much effort!