

# PLANTING SEEDS FOR POLLINATORS



**Our tiny pollinator friends—bees, butterflies, and other insects—are vital to our ecosystems, helping plants reproduce and providing us with many of the foods we love.** One of the most powerful ways we can give back to these hardworking creatures is by planting a garden that provides them with the nourishment they need to thrive. This RAKtivity will guide you through creating a pollinator-friendly garden in your own backyard or even on a windowsill. Ready to help your neighborhood? Let's get planting!

## Step-by-Step Directions:

### 1. Choose Your Seeds:

To make your garden pollinator-friendly, start by selecting flowers that are rich in nectar and pollen. Some great options include:

- Bee balm
- Milkweed
- Lavender
- Black-eyed Susan
- Sunflowers
- Coneflower

These plants attract bees, butterflies, and other beneficial pollinators.

### 2. Your Planting Area:

You don't need a large backyard to make a difference. Whether you have a garden bed, balcony, or small window box, make sure your plants will have enough sunlight and space to grow. If you're planting outside, choose a spot that receives at least 6 hours of sunlight per day.



### 3. Plant Your Seeds:

**In the ground:** Dig small holes about twice the size of the seed for each flower you're planting. Gently place the seed in the hole and cover it with soil, making sure the seed is well-supported but not buried too deep.

**In pots or containers:** If you're planting in pots, make sure they have good drainage holes. Fill them with potting soil, then plant the seeds at the same depth as you would in the ground. Space them according to the seed packet instructions.

**Water them in:** After planting, gently water the seeds to settle the soil around them. Keep the soil moist, but avoid overwatering.



### 4. Care for Your Garden:

**Water regularly:** Make sure the plants are well-watered, but don't let them sit in soggy soil.

**Weed occasionally:** Remove weeds that may crowd out your pollinator-friendly plants.

**Enjoy the growth:** Watch as your seeds sprout and bloom! Over time, you'll see more and more pollinators visit your garden.

### 5. Celebrate Your Efforts:

Once your plants start to bloom, take a moment to observe the beauty you've just created. Share your garden's progress with friends, neighbors, or online with the hashtag: #RAKPollinatorGarden, and encourage others to plant their own!



#### Bonus Tip:

Consider planting a variety of flowers that bloom at different times of the year. This way, your pollinator garden can provide nectar and pollen all season long. Happy planting!



Make kindness the norm.

randomactsofkindness.org

RANDOM ACTS OF KINDNESS FOUNDATION®