

FALL FLOWER SEEDS FOR THE BIRDS – AND GARDENERS, TOO

Fall is the time to plan your garden for the following spring. Nature gives us an abundance of wildflower seeds after plants flower. Birds certainly enjoy the mature flower seeds, but there are enough for all to share. If you harvest, store, and cultivate the seeds for new plantings, the birds will benefit with an even larger seed count in years to come.



Asters, Joe Pye Weed, Goldenrod, Ironweed, Black-eyed Susan, and Coneflowers are all good choices for Fall seed collection.

Seeds need to be separated from chaff, stored in labeled, sealed containers, similar to plastic food storage, and refrigerated for about three months. This cold storage period is required by many native wildflower seeds. It imitates the normal winter season, but avoids seed loss due to rot or too many freeze/thaw cycles.

In late winter, you can plant the seeds indoors in a flat, or in an outdoor cold frame using a peat and perlite planting mix. As next spring arrives, your homegrown seedlings will germinate, and be ready to move outside. You will create more food for the birds and enhance the colors in your garden at the same time.