

The invention relates to a sowing machine (1, 31) and a method for separating and distributing granular material (2), such as seeds or similar, wherein the material is supplied from a central container (12) to metering devices (3) via respective conveying channels (11) assigned to same, by means of conveying air flows (10), and discharged from same. Resulting waste air flows (14) are supplied to the respective associated metering devices via waste air channels (15) and said metering devices are thereby applied with overpressure. In addition, the metering chambers are applied with overpressure via said respective assigned supply channels (8) by means of supply air flows (7). The material is separated in the metering chambers by means of separating discs (5). Given that the supply air flows and the waste air flows are physically separately introduced into the metering chambers, the required pressure level in the discharging devices (13) generating the waste air flows can be reduced and thereby also the pressure level in the granular material delivered to the metering devices from the discharging devices. This improves the separation quality of the metering devices.