



Grow your own sunflower

Name: *Helianthus*

Common Name: Sunflower

Sunflowers like to grow in the full sun, in well drained soil.

Sunflowers are mainly **sown** from **mid-April** to the **end of May** and will flower in **August**.

What you need:

- Sunflower seeds
- Trowel
- Plant pot
- Compost
- Plant label and pencil
- Watering can
- Cane

Step by step instructions

- Fill a pot with compost to within 2cm of the top.
- Place 2 seeds well apart in the pot, but not too near the edge. Press the seeds gently in and cover with 1cm of compost. Water the seeds gently.
- Place the pot in a warm light place. Your mini greenhouse made from a recycled bottle would be a perfect.
- Remember to keep the compost slightly moist. A shoot should appear usually within 6-12 days.
- Rotate the pot once a day to stop the seedling from bending over. Remember to keep watering it.
- After 2-3 weeks, replant the seedling into your garden.
- Make sure the soil where you are going to replant the seedling is weed free, and a fine crumbly texture.
- As your sunflower begins to grow taller, you will need to provide support for the stem by carefully tying it to a cane with a piece of string.
- Keep giving your sunflower lots of water and enjoy watching it grow and grow and grow....



Nothing beats the satisfaction and enjoyment of growing a sunflower! They are easy to grow, are colourful and happy, bees and insects love them, and their seeds make great food for birds. **#ArmchairAgriculture**