

# Sunflowers



Find a pot for your sunflowers. You can use a small yogurt pot, an egg box or the cardboard inner of a toilet roll.



Sunflowers follow the movement of the sun across the sky from east to west, this is known as heliotropism.

Make a hole in your compost up to your first finger joint (about 2 cms).

Drop the sunflower seed in and cover it over with compost.

Water well and place in a sunny position and in a week or so start to watch the sunflower grow.

At the end of May when it is warm they are ready to go outside. Get them used to the outdoors by putting them outside for a few hours each day for a week.



Write a label with the date and **sunflower** on it and slide the label down the inside of your pot keeping it away from your sunflower seed.

## SUNFLOWERS LOVE THE SUN!

Find a sunny spot and dig a hole with extra compost if you have it. Plant your sunflower.

A cardboard pot can be put straight in the ground - water it well.

Sunflowers grow tall. Use a long stick pushed firmly in the ground to tie it to.

When you first plant them out the slugs may try to eat your plants. Protect them by cutting off the bottom of a 2 litre plastic bottle. Remove the bottle top. Place the bottle firmly over the sunflower. When the plant reaches the top of the bottle remove it and replace with a supporting stick

Sunflower seeds are full of nutrients



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