

# Grow a Sunflower Plant

Follow the instructions below to grow a Sunflower Plant.

## YOU WILL NEED

- Sunflower seeds (*select a variety suited to your climate and space*)
- Potting soil
- Peat pots (*So you avoid disturbing the roots later*)
- Water
- A sunny location (*sunflowers require a lot of sunlight*)

## STEPS TO GROW SUNFLOWERS FROM SEEDS:

- 1 Select Seeds: Pick sunflower seeds appropriate for your gardening space. There are varieties that range from dwarf types, ideal for pots, to giant types that can reach over 3 meters tall.
- 2 Add potting mix to the peat pot.
- 3 Plant sunflower seeds 2.5cms deep into the soil.
- 4 Water thoroughly after planting. Keep the soil moist but not waterlogged as the seeds germinate.
- 5 Once seedlings are 10cms tall plant them outside about 30cms apart in a very sunny spot.
- 6 Continue to water deeply but less frequently to encourage deep root growth. Allow the soil to dry out somewhat between waterings.
- 7 For taller varieties, provide support as they grow. Stakes or garden ties can help keep your sunflowers upright if they get top-heavy.

*Sunflowers usually bloom about 80-120 days after planting, depending on the variety and growing conditions. Once they bloom, they can provide a vibrant display for several weeks.*

*If you wish to harvest the seeds, wait until the flower heads droop and the backs turn brown. Cover with a cheesecloth or paper bag to protect from birds and cut the stem once the seeds are fully ripened.*

Understands that living things grow, change and have offspring similar to themselves.

