



Healthy n Happy  
Community Development Trust

# Get growing!



**Can you plant and grow the tallest sunflower?  
We can help you get started!**

**Step 1:** Fill your pot with compost to 1cm below the rim. Tap each pot to settle the compost and firm down the top gently.



**Step 2:** Sow ONE seed per pot. Poke the seed into the compost.



**Step 3:** Cover the sunflower seed with about 1.5cm of compost, label and water well so that compost is moist throughout.

**Step 4:** When you get home, find an old plastic bottle, cut in half and place over the pot to keep the seedlings warm. Keep it indoors if there is a risk of frost.



**Step 5:** Check regularly to make sure compost is moist and when your sunflower has grown you can plant it outside in a bigger container or in the ground.



## TOP TIPS:

1. It shouldn't need it but if it's windy, use a long stick or bamboo cane to help support your sunflower as it gets taller.
2. Once your sunflower has stopped flowering, you can harvest the seeds from your sunflower for eating. Remember though that seeds from packets are not suitable for eating.
3. Sunflowers need full sun and to be watered regularly.



From: <https://www.gardenersworld.com/how-to/grow-plants/how-to-grow-sunflowers-from-seed/>

