

Moors Valley

Country Park and Forest



SUNFLOWERS



Sunflowers are a great way to get children excited about growing plants and are a fantastic source of seeds for birds in your garden

You will need

Some small plantpots and some compost, a suitable place in the garden, gardening gloves, a trowel and some sunflower seeds

The best time to sow sunflowers is from mid-April to May. They are an annual plant, which means they need to be planted from seed every year, and will flower in August.

- 1 Soak your sunflower seeds overnight in a little warm water to encourage them to germinate.
- 2 Fill some small flowerpots with potting compost. Alternatively, you can plant sunflowers directly into the ground where you want them to grow. Choose a sunny position sheltered from wind, in well drained soil.
- 3 Use your finger to poke a shallow hole into the soil leaving a 10cm space between each seed. Place a seed into each hole and cover with soil.
- 4 Water the seeds and wait for them to grow! After about 2 weeks you should start to see some shoots. If you have planted them in pots you will need to transplant them to your selected outdoor spot.
- 5 As they grow, if the plants are crowded, thin them out to about 40cm apart leaving the strongest, tallest plants. Once they have grown taller than you, you will need to support the stem by tying it loosely to a strong cane dug well into the soil or a nearby fence.



Top Tip: Sunflowers don't like drying out so make sure they are well watered.



How tall will your sunflower grow...?

