

School Sunflower Competition 2023

GROWING INSTRUCTIONS

Sunflowers can be sown straight into the ground where they are going to flower, or you can plant your seeds into small pots ready to plant out, after the risk of frost has passed in late May. Sunflowers like a sunny position!

If sowing into pots, plant 1 seed per pot, 1cm deep with the pointed end facing upwards. Water, place in a light position and keep the soil moist. Plant out in late May having moved your seedlings outside to acclimatise for a few days, into weed free soil when the plants are 10cm tall at a spacing of 40cm. Water after planting.

If you are sowing directly into the soil, make sure the space is weed free, and the soil has been forked into a fine crumbly texture. Plant the seeds 1cm deep and leave a 40cm space between each seed.

Be careful, as slugs and snails like to eat the new shoots! You may like to protect the seedlings by cutting the top off a plastic bottle and placing it over your seedlings.

As your sunflower begins to grow taller than you, you will need to help support the stem, by placing a cane near the stem and loosely tying the cane to the plant with string.

In very dry weather, give your plant a good watering.
Watch your sunflower grow and grow and grow!