



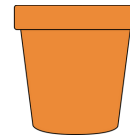
# How to Grow a Sunflower

Sunflowers are easy to grow from seed and are ideal for growing with children. Plant them in pots in March or April and leave them in a sunny spot until they can be planted out when it is warmer.

## You will need:



10 cm Plant Pots



Sunflower Seeds - 1 or 2 per pot

Soil or compost



Sow sunflower seeds in compost or soil by pushing the seed into the soil 1.5 cm deep. Cover with soil and water well. If your pots are a little bigger you can plant 2 to a pot. Put them in a sunny spot (like a windowsill) and water regularly. Plant them out when they are a little bigger and the weather is warm. Don't forget to keep watering!

*Top Tip :* Don't just plant sunflowers in April. Plant them every couple of weeks to have sunflowers across the summer.

## Facts about Sunflowers

Each sunflower is actually thousands of little, tiny flowers. The blossom of the sunflower is called a head. As many as 2,000 can make up the sunflower bloom. Each sunflower can contain as many as 1,000 to 2,000 seeds.

The tallest sunflower on record was over 30 feet tall.

That national flower of Ukraine is the sunflower.