



Kids Projects

Grow a giant sunflower

- 1.) Pick a part of your garden that has plenty of sun. If you're growing tall sunflowers like Yellow Empress, it's best to have them near a fence or wall so they're protected from the wind.
- 2.) Dig to soften the soil and mix in some Dynamic Lifter or compost.
- 3.) Sow the seeds at the right time of year. Sunflowers like to grow when the weather's warm so, in most places, this means sowing seeds in spring and early summer.
- 4.) Push the seeds into the soft soil. Make sure they're down at least one centimetre.
- 5.) Water gently with a watering can and don't let the soil dry out (but don't give the bed so much water that it makes puddles).
- 6.) As the plants grow, keep them well watered.
- 7.) Feed every couple of weeks with liquid plant food like Thrive Soluble or Aquasol.
- 8.) Spread some old leaves or grass around the base of the plant to keep weeds from growing and help prevent the roots drying out.
- 9.) The sunflower should reach a good size after about 10 weeks.
- 10.) If you pick the large flower on top of the main stem, smaller flowers will grow on the side shoots.

Remember to always:

- Wash your hands well after gardening.
- Wear shoes to protect your feet.
- Wear a hat and sunscreen.