

SUNFLOWERS



COLOUR ME IN!



DID YOU KNOW?

- SUNFLOWERS ALWAYS FACE THE SUN
- THE CENTRE OF A SUNFLOWER IS MADE UP OF LOTS OF TINY LITTLE FLOWERS
- THE SUNFLOWER IS A FAST GROWING PLANT AND MOST VARIETIES ONLY TAKE UP TO 100 DAYS TO REACH MATURITY



USE YOUR RULER OR MEASURING
TAPE TO MEASURE YOUR SUNFLOWER

AND WHY NOT SEND US A PICTURE?



HOW TO GROW A SUNFLOWER

1 THE TIME TO SOW SUNFLOWER SEEDS IS ANYWHERE BETWEEN APRIL AND MAY



4 ONCE YOU HAVE SOWN THE SEEDS, THEY NEED TO BE KEPT WARM

TOP TIP: Don't worry if you don't have a greenhouse, you can use a plastic bag to create the same effect. Don't forget to water your seeds!



2 YOU CAN BUY SUNFLOWER SEEDS FROM LOTS OF PLACES FOR A SMALL PRICE, OR YOU COULD BUY SEEDLINGS FROM A GARDEN CENTRE

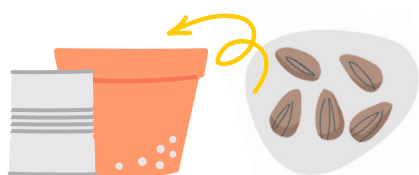


5 ONCE THE SEEDS HAVE STARTED TO EMERGE REMOVE THE PLASTIC BAG AND MAKE SURE YOU WATER REGULARLY!



3 ONCE YOU HAVE YOUR SEEDS THESE SHOULD BE SOWN INTO A POT WITH COMPOST

TOP TIP: If you don't have a pot, why not try using a clean and empty food can, be careful as they can be sharp – ask a grown up to help.



6 ONCE YOUR SEEDLING IS BIG ENOUGH YOU MAY NEED TO REPOT SO IT HAS ROOM TO GROW AND BECOME STRONGER

TOP TIP: Slugs and Snails may like to have a nibble on your seedling so keep an eye on them and remove any that you find.

ONCE YOUR SEEDLING HAS BECOME A WELL-ESTABLISHED PLANT YOU CAN PLANT OUT IN THE GARDEN AND WATCH IT GROW!

TOP TIP: Plant in a sunny sheltered spot and make sure you give it lots of water especially on warm days! You may also need to put a stake in to support them.



WE WOULD LIKE TO SEE YOUR SUNFLOWERS, SHOW US HOW TALL THEY HAVE GROWN?

Email your pictures to thegreenacademy@redrow.co.uk