



# Growing Sunflowers

It will take 8 – 12 weeks for a sunflower plant to grow and flower from a seed.

## **Planting your seeds**

- Fill a plastic cup with some damp soil.
- Make a hole in the middle of the soil for your seed, pop it in and cover it up with more soil.
- Sprinkle water on top.
- Place the cup on a sunny windowsill.
- Water the soil whenever it feels dry.
- Your plant should pop up through the soil after about 1 or 2 weeks.
- When your plant grows too big for the cup, replant it in a bigger pot or flower bed in a sunny spot of the garden.

## **After they flower**

- When the sunflower head starts to turn brown, cut them off and hang them somewhere dry and airy. When the seeds are dry, rub them together to loosen them. Birds will eat the seeds if you leave them in the garden. Save a few to grow more sunflowers!