

Woodlands Nurseries

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CREATING A SUNFLOWER BED

When Late spring

What you need Packet of sunflower seeds
Large stake e.g. bamboo cane
Garden twine
Watering can
Large pots and containers (optional)
Multipurpose compost (optional)

About this project

The large seeds of sunflowers are easy for children to handle and simple to grow. They are hardy annuals which will germinate, grow, flower and seed in just one growing season, usually March to October.

Sunflowers can be grown in the ground or in large pots or containers filled with multi-purpose compost, whichever you choose you should always remember to water your plants, particularly if they are growing in pots.

Sunflowers range from come in different sizes, from 2' to giant ones which can reach 15'. It might be fun to grow different heights, and then you will have a host of sunflower faces smiling at you.

What to do

1. Clear the bed of large stones in late April. Although sunflowers can grow in any soil the ideal is rich and well drained.
2. Insert seeds approximately 2" deep and around 6" apart. Do refer to the guidance on the packet as this will vary with varieties, for example you may wish to plant giant ones further apart. Seedlings should appear within 14 days and then flower about 6 weeks later.
3. Water daily to keep the seeds moist until they are well established, then water regularly.
4. If the plants seem overcrowded, carefully dig some out and replant where there is more space, ensure that you water then once you have moved them.
5. As the plants grow, you will need to use bamboo canes to support them. Stake the cane into the ground and tie the sunflower to the can with garden twine.
6. The sunflowers will begin to flower in early June and continue through to October.

Tips

- Choose a sunny spot! Try to plant your seeds facing the sun.
- Water them regularly. You could also feed your plants every two weeks or so to help them flourish.
- If you wish to start this project sooner sow your seeds indoors in small pots of moist compost. This can be done from March to April. Plants should be transplanted from May onwards after the last frost.