

Grow Your Own

# Big Smile

## Sunflower Seeds

(Helianthus annuus)

Fifty Seeds



## Sunflower Seeds

(Helianthus annuus)

Enjoy your 'Big Smile' sunflowers – the flowers with a face!

### Planting

You can sow these seeds straight into the garden or in a pot, but make sure there is no frost, even overnight, before planting. Sunflowers love the sun, so make sure they are in a place where they can catch some rays. Usually from April-June is a good time.

Use your finger to poke a hole in the soil about one inch deep and drop your seed into the hole. Cover it well. Leave about four inches between each seed. Water them in. Make sure you cover the newly planted seeds with netting or else the birds will eat them or the seedlings.

It will take about ten days for the seedlings to be visible above the soil. Keep them covered until they are too big for birds to pluck from the ground.

### Harvest

After midsummer, the petals will shrivel and this means that seeds are starting to form. If you leave the plant in place, eventually you will have hundreds of seeds in the centre of the flower head. The birds love these too, but if you're quick you can harvest the seeds and keep them in an airtight container until planting time next year.

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## Seed Packet Questions

1. What is the name of this type of sunflower?

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2. Why do you think it has this name?

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3. What do you think 'sow' means?

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4. Which months are best for sowing?

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5. How long will it take for seedlings to appear?

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6. How do you know when seeds are being made?

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7. Do you think these instructions are well written? Give reasons for your answer.

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