



## **Harry's Sunflowers**

*Sunflowers are very easy to grow and make an excellent flower for children to take care of. They're also brilliant for local wildlife; the flowers are great for bees and other pollinating insects, and birds love to eat the seeds.*



### ***What you will need:***

- Sunflower seeds
- Seed tray
- Multi-purpose compost
- Plant labels
- Waterproof marker pen or a pencil

### ***What to do:***

1. Fill the seed tray with multi-purpose compost to around 1cm below the top.
2. Add one seed per cell and push it down gently into the compost.
3. Fill each cell to the top with more compost and then water well.
4. Finally, add a plant label so you know what you've planted.
5. Position the filled seed tray in a warm, bright spot; a sunny windowsill is ideal.
6. Once your seedlings have grown to around 5cm, they can be moved into individual pots. Position the pots in a warm, bright spot and watch them grow.