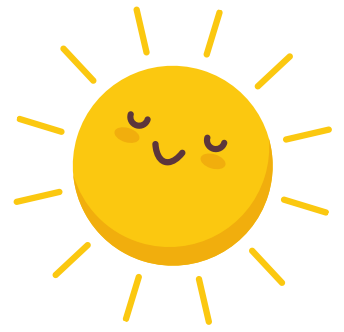


# How to grow a sunflower...



You will need....



Yoghurt pot



Compost disc



Sunflower seeds



Water

1

Put the compost disc in the pot and cover with water. Wait 30 mins for it to fully expand.

2

Poke your finger in the soil to make a hole for your seed

3

Pop the seed in the hole, cover it with soil and give it a little more water.

4

Place on a sunny windowsill and water whenever the soil feels dry.

5

When the plant starts to appear (usually after 2-3 weeks), you can start to put it outside during the day. Try to remember to bring it in at night!


6


When your plant seems large enough to handle, it will need re-potting into a bigger pot or planting directly into the ground.



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