

MY SUNFLOWER DIARY



Here are some top tips for growing your sunflower!

soil

Sunflowers prefer a slightly acidic soil but they are also pretty resilient and can grow in most types of soil. Make sure the soil drains well. Even though sunflowers are pretty tough they can be harmed when the soil is flooded.

planting

Plant the sunflower seeds when the soil temperatures have warmed. Make sure you plant the seeds at least 6 inches apart and cover the seeds with 1/4 inch of soil. Keep the soil moist and the seeds should sprout in 10 to 14 days.

watering

Sunflowers are hardy plants! Only water the sunflowers when the top of the soil is dry to the touch. Sunflowers are drought tolerant and do not grow well in waterlogged soil, so be careful.

Once your sunflower has started to sprout it will grow a little each day - why not measure it once a week and track it's progress!

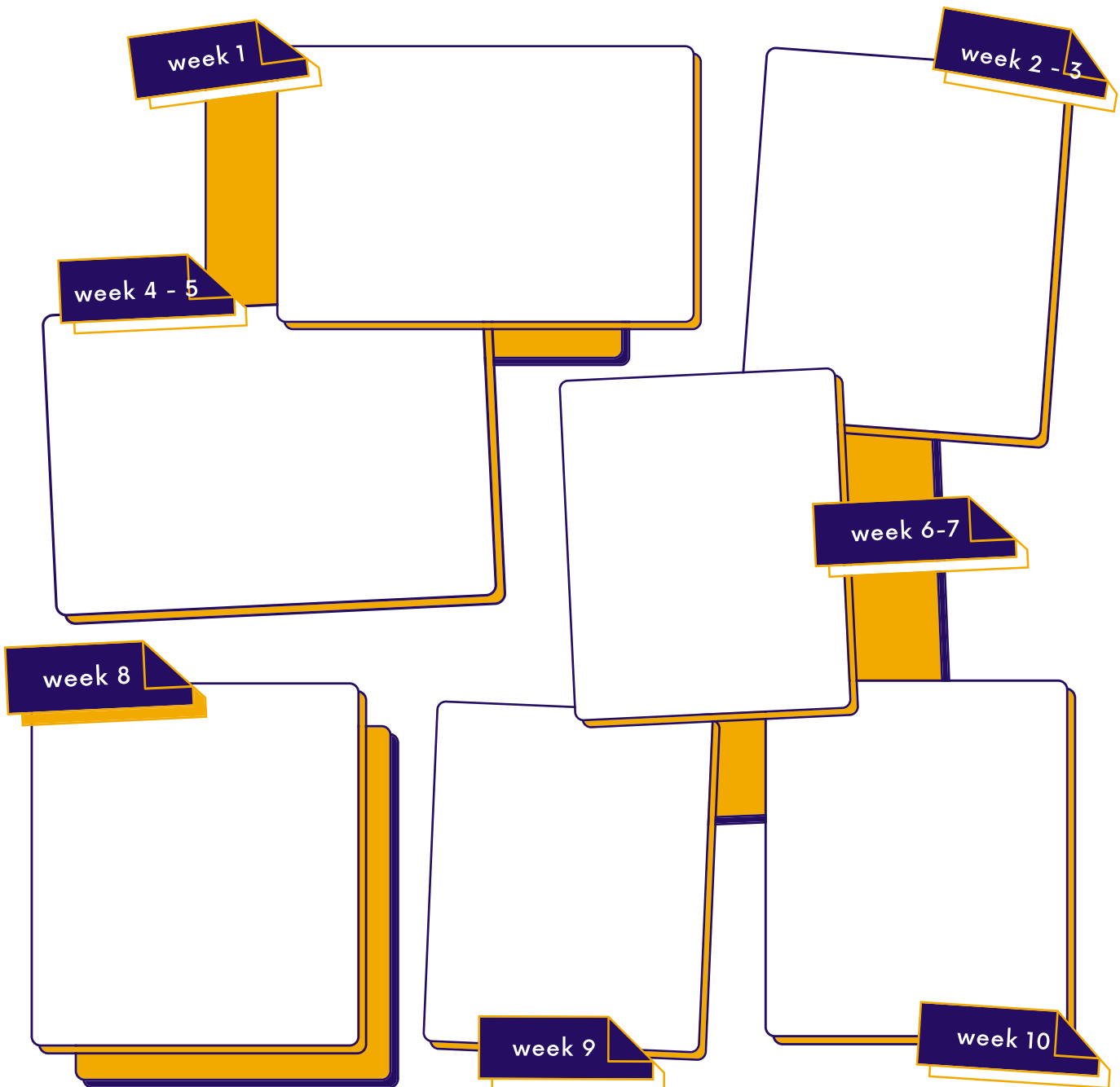
growing

Sunflowers are ready for harvesting when the back of the flower has turned from green to yellow or even brown. This is a good time for you to share your sunflower with an older person that you know and spread some sunflower cheer!

giving

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It takes around 50 days to grow a sunflower from seed, so you have until the 31st July 2020 to grow the tallest sunflower you can - and if you want to, you can track your flower's progress here.



week 1

week 2 - 3

week 4 - 5

week 6-7

week 8

week 9

week 10

Don't forget to ask your family and friends to sponsor your sunflower growing, and share your pictures on our Facebook Group - Suffolk Scouts Sunflower Challenge

<https://www.facebook.com/groups/244870376588402/>

All the money raised from your challenges will help older people in Suffolk who may be feeling lonely and isolated during the coronavirus pandemic.

<https://ageuksuffolk.echoleft.com/fundraising/suffolk-scouts-sunflower-challenge>

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There are lots of tips online to help you grow your sunflower, but there are a five basic things you need to start off - do you know what they are?

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TPO

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Once you have these five main things, you just need to keep watering and measuring and watch your flower grow!

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