

Name:

Class:



How to Grow Your Seeds

Activity Sheet 2

Most yoghurt pots will work, no bigger than a Muller rice/yoghurt pot, to begin growing your sunflower.

Step 1

Wash the pot out with soap and warm water.



Step 2

Make several small holes in the pot with a pen or pencil for drainage.

Step 3

Fill the pot to the top with compost and press each seed into the middle of the pot at a depth of 1cm. Seeds should be planted with the pointed end upwards.



Step 4

Gently firm soil around the seed and water lightly. Keep the soil moist but not wet.

Step 5

When your sunflower has grown to 10cm tall re-plant it into its final pot. Do this by gently squeezing the sides of the pot to loosen the plant, then it should easily lift out.

Make a hole in the soil of the new pot, big enough so that the plant's roots fit comfortably in it. Place your plant in the hole, add compost and gently firm around the plant and water.



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