Join the Sunflower Circle

In springtime buy some sunflower seeds or simply collect them from a friend’s flower.

Around you go

Fill the cups of an egg carton with   
compost. Push one seed into each cup so that it   
is covered by the soil. Water until the soil is moist.

Place the carton in a light place and keep moist.   
Shoots will appear after about one week.

When two leaves have appeared you will have to   
move the plant to a pot. Fill a large pot with compost.   
Pop in your seedling and water it.

Let the seedling grow. Keep it watered,   
fed and in good light.

When the sunflower gets very tall, stick a long   
cane into the pot and tie the stalk to it   
to keep it upright.

Collect the seeds when the flower   
head has completely   
dried out.

How tall will it grow?

If you buy the sunflower seeds in a packet, check to see how tall they will grow. Some grow taller than others. Watch out, you could find yourself with a sunflower 3m in height!