

# Grow a sunflower with Olivia



Sunflower seeds are used to make all the foods on this page and lots more!

**You need:** WARNING: Do not eat the seeds you are planting as they may be treated.

- 3 white plastic cups
- compost
- garden sunflower seeds
- plant sprayer (optional)
- thick felt-tip pen
- 3 large flowerpots



Put some damp soil in a plastic cup so it comes almost to the top. Then poke your finger in the soil to make a hole for your sunflower seed.



Drop a sunflower seed into the hole. Cover it with a little soil. Spray or sprinkle some water on top.



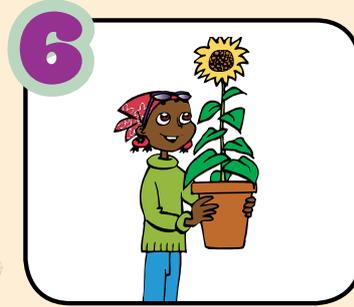
Plant a sunflower seed in 2 more cups. Give each one a name and write it on the side of the cup. Put the cups on a sunny windowsill. Now wash your hands. Spray the soil with water whenever it feels dry.



Your plants should pop up through the soil after about 1 or 2 weeks!



When your plants grow too big for the cups, plant them in bigger flowerpots. You could put the pots in a sunny spot outside.



Your plants should flower after about 8 weeks.



Measure the sunflower plants once a week. Write down how tall each one is.



When the sunflower heads start to turn brown, cut them off and hang them somewhere dry and airy. When the seeds are dry, rub them together to loosen them.

You will need to crack the sunflower shells before you can eat the kernels.

**WARNING:** Very young children should not eat seeds in case of choking.



Birds can eat your seeds if you leave the sunflower heads to dry in the garden. Or put some seeds in a bird feeder. Save a few to grow more flowers!

