



How To Grow The Tallest Sunflower

Growing conditions

Sunflowers like to grow in full sun in well drained soil.

When to grow

See individual seed packets for details.

Mainly sown from mid-April to the end of May. They are an annual plant and will flower in August.

What you need

- A Sunflower
- Gardening gloves
- A rake
- A trowel
- Plant label and pencil

How to grow

Sunflowers can be sown straight in to the ground where they are going to flower, so make sure the space you are going to sow is weed free, by using a trowel to remove the weeds.

Rake the soil to a fine tilth (a fine crumbly texture) and make some drills 12mm deep. Leave a 10cm space between each seed.

Place the seed in carefully and cover them up with soil. Don't forget to water the seeds gently. As they grow, if the plants are crowded, then thin them out to about 45cm apart leaving the strongest, tallest plants.

Be careful, as slugs and snails like to eat the new shoots. You may like to protect the seedlings by cutting the top off a plastic bottle and placing it over your seedlings.

As your Sunflower begins to grow taller than you, you will need to help support the stem, by placing a cane near the stem and loosely tying the cane to the plant with string.

Water regularly, Sunflowers are hungry, so give them plenty of feed using a fertilizer of your choice.

