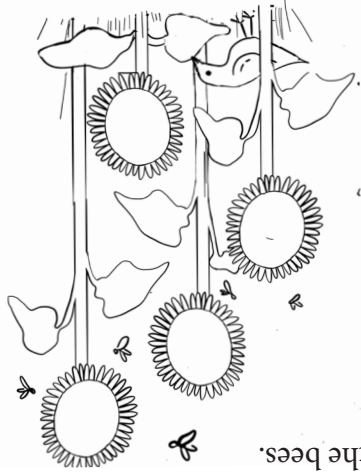




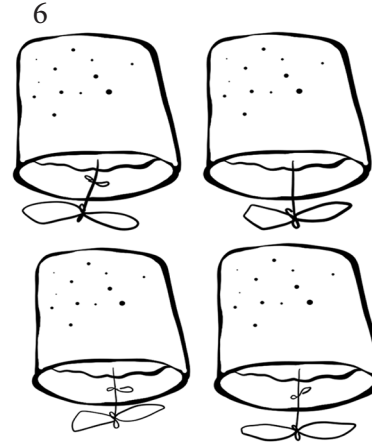
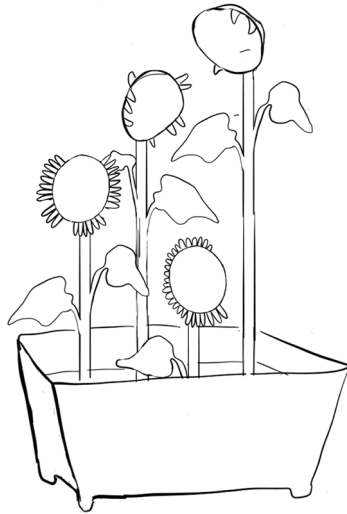
We can sow and grow Sunflower seeds in the....
SPRING!!

Sunflower seeds can't grow in the cold temperatures of Winter.



Bees pollinate the sunflowers. The flowers provide food for the bees.

The bees have pollinated the flowers and now there are seeds.

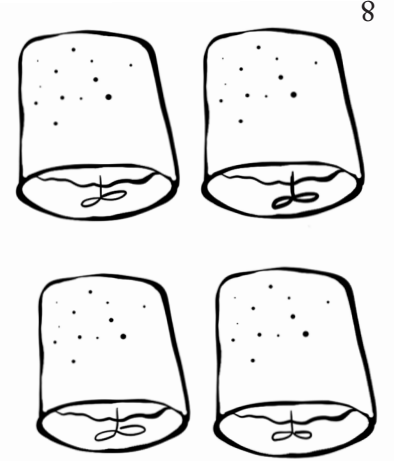


Sunflowers will grow to maturity and develop seeds in 80-120 days. You can sow every 2 weeks for continuous flowers until the first frost.

www.cross-pollination.uk



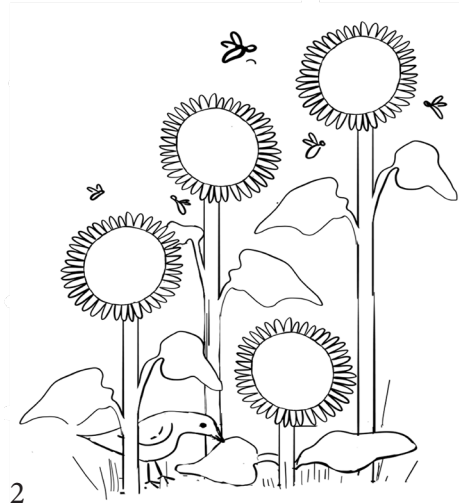
©Ellen Montelius 2020



Take care of your seedlings and they will grow into healthy plants.



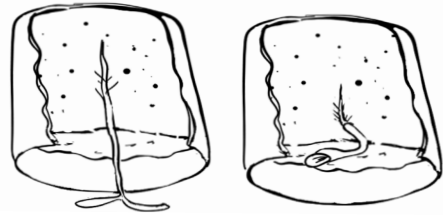
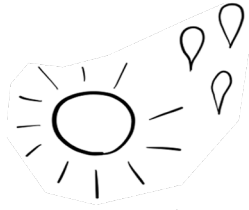
FEED THE BEES



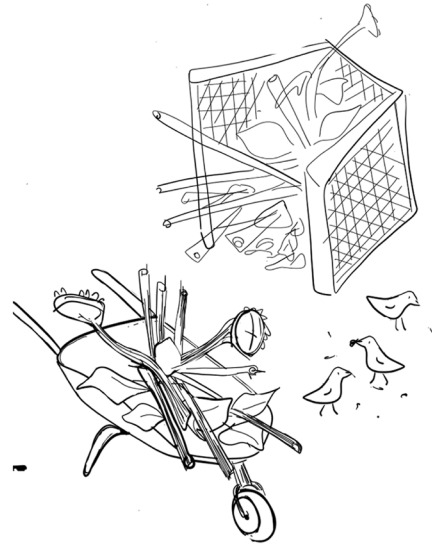
2

Sunflowers are amazing and beautiful. They are easy to grow and provide food and shelter for wildlife.

Keep your pots near a sunny window and remember to water when soil is dry.



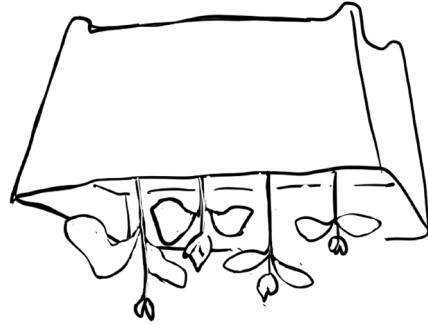
7



15

Compost your sunflower plants in the Autumn.

If there isn't any danger of frost and your seedlings are 15 cm tall, they are nearly ready to transplant outdoors during the day and return them indoors at night. Then plant outdoors.

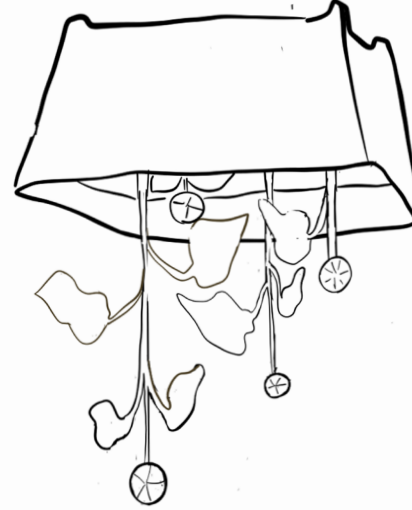


10



14

In late summer, harvest the seeds to give to the birds and also save seeds to sow and grow next year. Sunflower seeds are a healthy snack for you.



Buds form on the tops of the sunflowers.

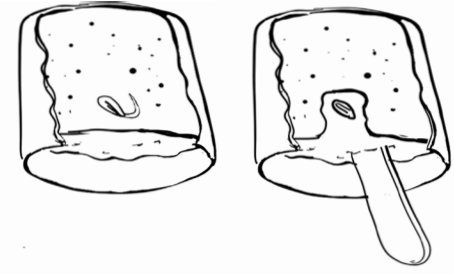
11



3

The Autumnal season brings cooler weather and shorter days. Sunflowers grow during hot weather and long sunny days.

Sow the sunflower seeds in peat-free seedling compost in fibre pots. Label and date. Germination takes about seven to ten days.



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