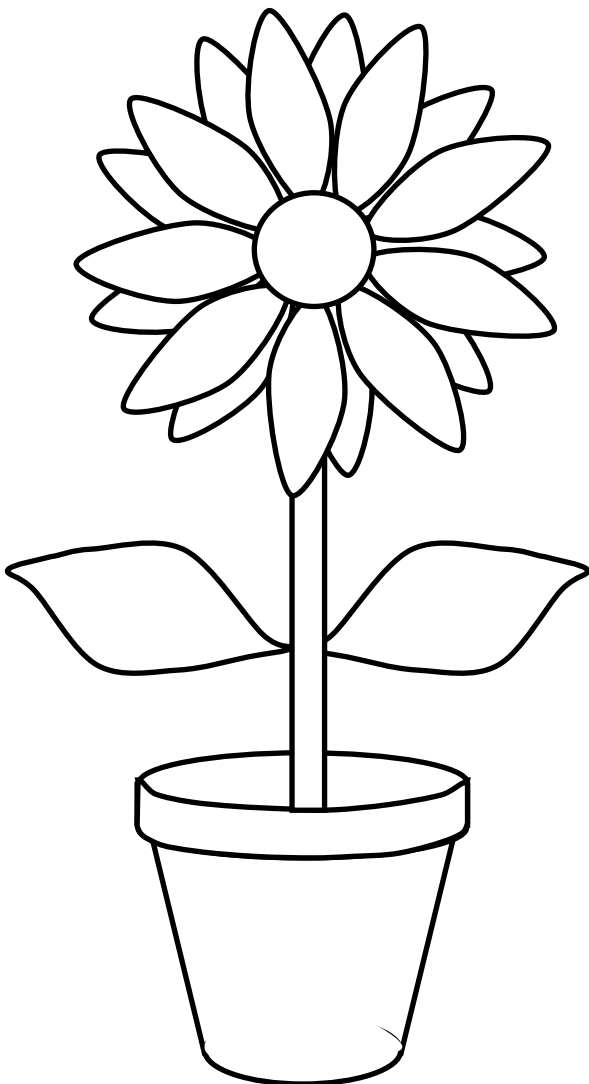


HOW TO GROW A SUNFLOWER

You will need: Sunflower seeds, 7.5cm plastic pots and
peat-free multi-purpose compost

Step One

Fill your pot with compost to 1cm below the rim of the pot



COLOUR ME IN!

Step Two

Poke one seed into each pot

Step Three

Cover the seed with 1.5cm of

Step Four

Place in a sunny spot and water
whenever the soil feels dry

Step Five

When the seedling appears (about
one or two weeks) take your
sunflower outside to re-pot or put in