

GROWING YOUR OWN

SUNFLOWERS

We're passionate about plants and wildlife at Meadfleet and we love sunflowers as not only do they add a splash of colour but the seeds provide a valuable food source for birds.

Why not have a competition with your neighbours and see who can grow the tallest in your garden?! To give you something to aim for, the Guinness World Record for the tallest sunflower stands at an amazing 9.17m (30ft 1in).

Where?

Unsurprisingly sunflowers like the sun, so plant in a part of your garden that receives the most sunlight but is fairly sheltered from winds.

You can plant directly into soil or into pots to start them off.

When?

Plant between April and June, ideally after the last frost, they should flower in August.

Did you know?

A single sunflower can have up to 2000 seeds

How?

1. The seeds can be planted straight in to the ground but make sure the area is weed free
2. Rake the soil and then make holes around 12 mm deep and insert each seed in to a separate hole around 10cm apart
3. Cover seeds with soil and water gently, keep soil moist
4. Use canes to support the sunflowers as they grow
5. Once roots and a stem have formed reduce watering to once per week

Top Tip

Once the sunflower has finished flowering you can ripen up the seeds to feed to the birds. You may find the birds will eat the seeds before they become fully ripe but if you dry the sunflower head out a little bit first the seeds will darken and become more nutritious.

Feel free to send photos in to us of your sunflowers in bloom, we'd love to see how they grow.

You can email your pics to:
customer@meadfleet.co.uk