

# Growing a sunflower from seed



First, make a pot for your sunflower seeds from newspaper.

Fill the pot  $\frac{3}{4}$  full with potting soil.

Plant two seeds  $\frac{1}{4}$ " deep in the center of your pot.

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## When you get your pot home:

Place your pot on a plastic plate or tray in a sunny window.

Water your seeds very gently so you don't wash the seeds or the soil out of the pot.

Keep the soil damp but not wet. When the newspaper pot turns grey, you have watered enough. When the newspaper pot has turned white it is time to water again.

Your plant will not need additional food (fertilizer) while it is growing in the pot.

When your plants sprout, one will probably be bigger and stronger (dominant)- cut the weaker plant stem with scissors at the soil line.

When the remaining plant is approximately 5"-6" tall and has two sets of true leaves, it is ready to be planted outside. The newspaper does not have to be removed when planting your plant as the newspaper will breakdown (decompose). You can plant your sunflower plant in a large container or in a prepared site like a garden.

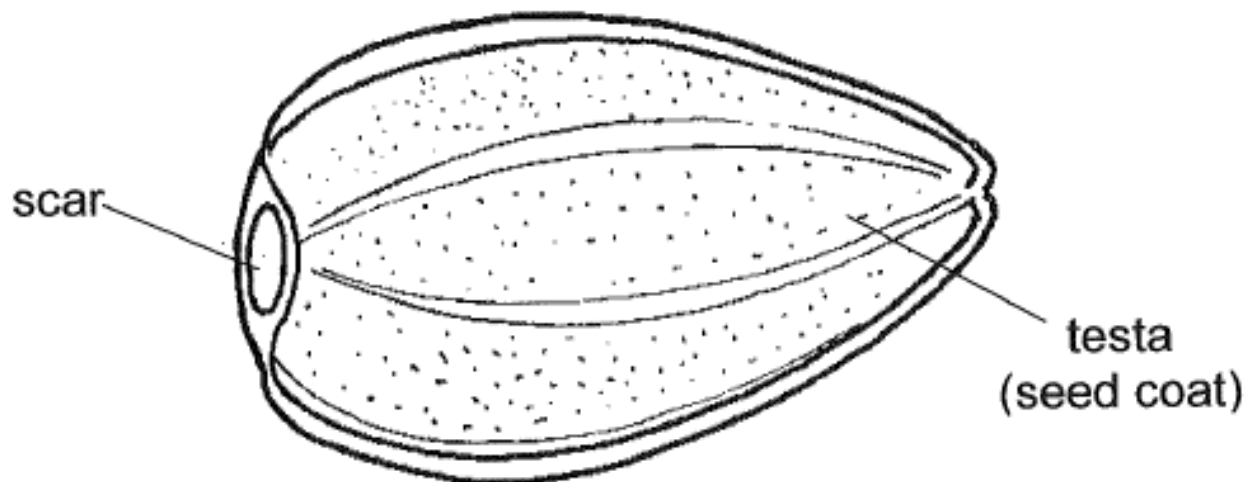
Be sure to plant your plant at the same soil line as it is growing in the pot.

**Enjoy!**

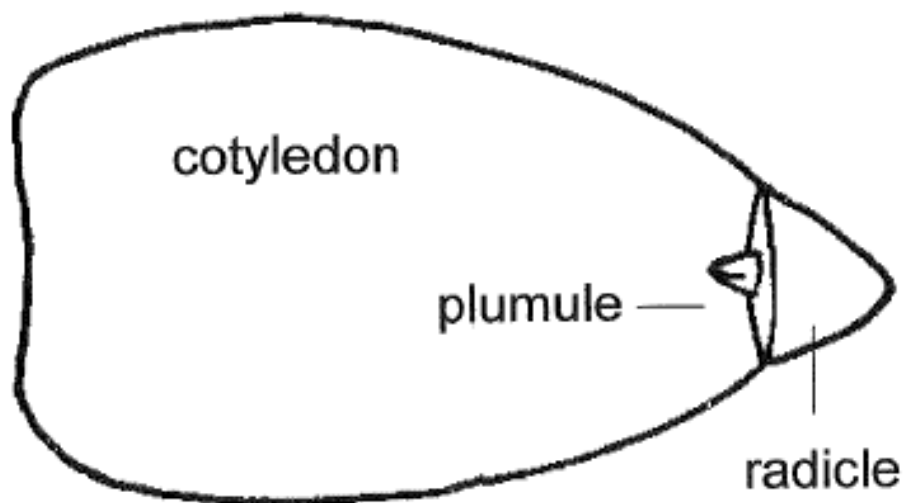
## Parts of a Sunflower seed

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Exterior



Interior

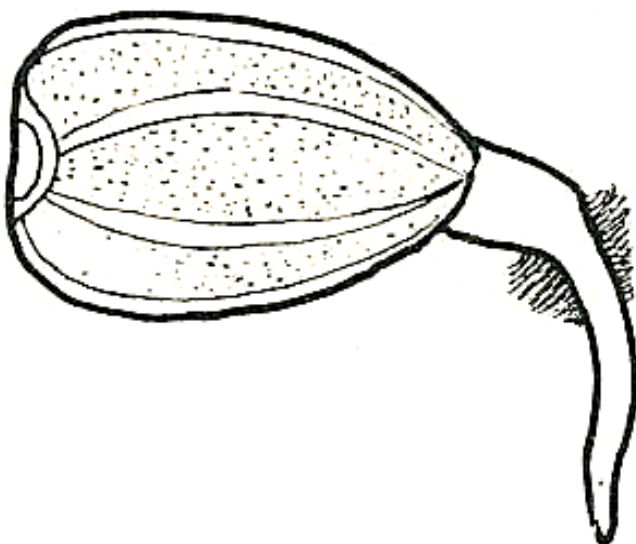
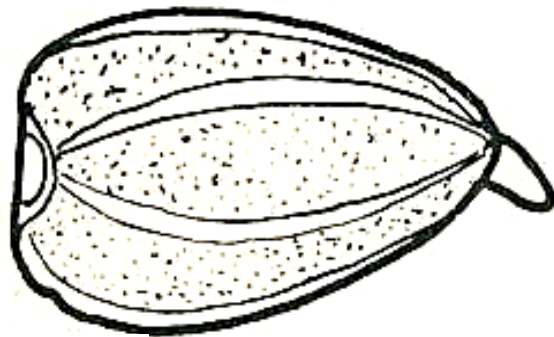


# Germination of the Sunflower Seed

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After the seed is wetted and put in a warm dark place:

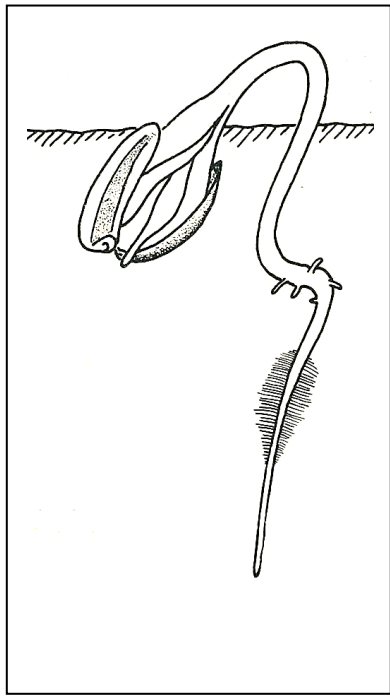
First the fruit wall splits and radicle emerges



Then the hypocotyl extends down and forms root hairs

# Plant development

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seed coat

lateral  
roots

