



HOW TO GROW YOUR SUNFLOWER

Some plant pots are made from sunflower oil. These are 'biodegradable' which means that they break down in soil or compost. Follow the instructions below to grow your own sunflowers. Harvest the seeds and see the oil you have helped to make. This is where renewable plastics come from!

Follow the instructions below, starting in mid-late March

1. Fill the plant pots with compost or moist soil from a garden
2. Push one seed firmly into each pot, about 2 cm below the surface
3. Cover the pots with cling film and leave in a warm sunny position (e.g. on a window sill or in a greenhouse)
4. Keep the soil moist and after about 2-3 weeks, when the plant shoots start to appear, remove the cling film
5. When the plants are 10-15 cm tall, plant contents a sunny place in the garden, preferably sheltered from the wind
6. Keep the soil around the bottom of the plants moist and watch them grow!
Compare the height of your plants with friends.
7. When the plants start to flower (late August / September), see if you can spot the seeds as they appear in the centre
8. Once the flower head starts to face downwards you can pick the seeds from the centre of the flower head (late September / October)
9. Crush the seeds using a pestle and mortar, rolling pin or stone
10. Rub the crushed seed between your fingers and on white paper to feel and see the oil

FACT! A field of sunflowers the size of a football pitch would produce enough oil to make 70,000 pots like the one you started with.



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