



Step 1

Fill a pot with compost and poke a hole in the centre. Place the sunflower seed in the hole and cover with compost.

Step 2

Place the pot somewhere sunny and water our sunflower whenever the soil feels dry. You should see a shoot poke from the soil within 1-2 weeks.

Step 3

When the plant grows too big for the pot, it is time to plant outside! If you don't have a garden, replot your sunflower into a bigger plantpot.

Step 4

Watch your sunflower grow! You may need to use a stake to stabilise your sunflower if it grows taller than 3 feet.



Sunflower Science



There are about **70** species of sunflowers! Their scientific name is *Helianthus*, from the Greek words for 'sun' (*Helios*) and 'flower' (*anthos*)

Did you know that sunflower seeds only survive for a couple of years, whereas some legume seeds can survive for hundreds? Scientists from the Royal Botanic Gardens, Kew, came to the ISIS Neutron and Muon Source to study the internal structure of various seeds. The differences between them could explain why the seeds have different lifespans, and lead to new techniques to keep seeds alive for longer!

The tallest ever sunflower was over 9m tall - that is more than 5 adults stood on top of each other!

