

Calverley Sunflower Challenge

"Get Up And Grow"

In a hot summer it can take only 3 months days from sowing the sunflower seeds to the flowers blooming! How tall can you grow yours?

This year Creative Calverley is challenging people of all ages in Leeds to grow a bit of sun in their gardens. The person with the tallest (and still standing) sunflower will win a prize.

For this competition your seeds MUST be planted into the garden/outdoor pot on April 1st 2017. Judging 12 August 2017.



To sow outdoors

Sow thinly, 12 mm (1/2 inch) deep in drills 30cm (12 inches) apart

The soil should be well composted and raked finely

Germination takes only 21 days

When large enough to handle - thin the seedlings to 30cm (12 inches) apart

To sow in a pot

Use 7.5cm (3inch) pots (yoghurt pots would be ideal) and a good sowing compost

Plant one seed per pot - about one inch deep

Add some water to the pot

Cover with polythene to retain the heat

Remove the cover when leaves appear

When the seedlings are large enough to be handled re-pot them, or plant them outside when all risk of frost has passed. The seedlings would prefer to be acclimatised gradually to life outside. They prefer a sunny open site, but will grow in most sites and soils.

To really thrive they will need plenty of direct sun and good drainage

When the 2nd set of leaves appear you can feed them once a week for three weeks and then once a fortnight

All your sunflower plants will need to be staked, and tied so that they grow tall and strong. To do this, tie them every six inches with soft ties

Remember - your plants can grow up to 12 inches every day

Happy growing!