



## How to Plant a Sunflower

**Introduction:** In the following guide you will receive instructions on how to plant a Mammoth Sunflower. You will be growing big and bright sunflowers before you know it! I have been gardening for years and I have found that gardening has its rewards. Not only are sunflowers gorgeous and colorful, but their seeds are also a tasty snack. Follow the below instructions carefully and enjoy!

### Materials:

1. Mammoth Sunflower seeds
2. 1 small bag of potting soil
3. 1 small to medium pot
4. A safe and sunny spot to place pot
5. Small hand shovel
6. Watering can with water
7. A ruler
8. Gardening gloves (optional)
9. Table or raised work area
10. Patience and a loving hand 😊

**(Safety reminders)** Please note that your sunflower will require care and maintenance daily. Be sure to read and follow the directions below carefully.

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**Step 1:** First, you will need to gather all of your materials and put on your gardening gloves. Open your bag of potting soil and **slowly** fill it up about  $\frac{3}{4}$ 's or by leaving 5-6 inches at the top. *This extra space will allow a space for your sunflower to grow and you can add more soil later on.*

**Step 2:** Next, you will need to loosen the soil with your hands and shovel. **Vigorously**, work your hands and fingers into the dirt and break up any clumps of soil. *When the **soil** is fine and loose it allows the sunflower **roots** to more easily form and it allows the **seedling** to push through the top of the soil.*

**Step 3:** Next, you will open your bag of seeds. You will want to take the time to read the back of the package just to make sure you are planting correctly. The package will tell you the best month to plant, the ideal climate and growing conditions, and even the spacing for planting your seeds. For sunflowers you will need to plant them 12-18 inches apart (they get really big and needs the space) and 1 inch deep.

There are many more steps....Let's get to the conclusion!

**Conclusion:** You have now completed all of the steps required to plant a happy and healthy Mammoth Sunflower! Your flower will begin to sprout within one week. Remember to follow all of the steps above and maintain your flowers properly.

