

Grow a Giant Plant like Jack and the Beanstalk

You will need

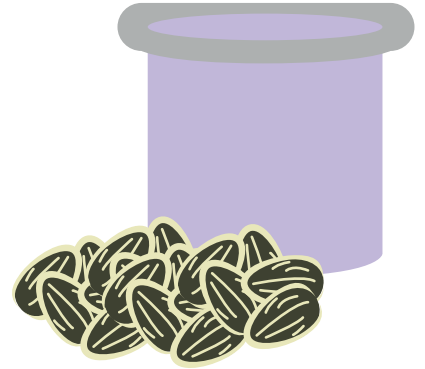
Sunflower seeds – the giant variety *Helianthus Annuus*; small yoghurt pots with holes punched in the bottom; seed compost; a pencil.

For later on

A strong, tall cane or stick; some string.

MARCH

- Sow your seeds.
- Fill your pots $\frac{3}{4}$ full of seed compost.
- With a pencil, make a hole about 2.5 cm deep and place 1 seed in the hole.
- Cover with compost and water well.
- Leave the pots on a bright windowsill (at about 16 degrees)



MAY

- By early May the seeds will have grown into tiny plants.
- Check their soil each day, adding water when needed but don't make the compost soggy.
- Let the plants slowly get used to being outside (start by putting them outside on mild nights)
- After a week the sunflowers should be used to being outside and can be planted in a sunny spot.
- Water well in dry weather, this means every day, or every other day, even on dull days and especially if it's windy.
- Your plant will grow to 1-3 metres tall.

JULY

- By now it will have grown a huge yellow sunflower at the top of the stalk.
- Tie it to a strong, tall cane or fence to help it stay upright.

After your sunflower has finished flowering

You will see the flower head has made masses of seeds. Leave these for the birds to eat or else you can cut off the flower head, store it in a cool dry place for a few weeks and harvest your own crop of seeds.

