

Planting Sunflowers Using Biodegradable Pots

Sunflowers are a great learning tool for kids, as well as a good way to attract pollinators and beneficial insects to the garden.

This project is rated EASY to do.

What You Need:

- **Sunflower Seeds**
(Local nursery - Always check the date on your seed packets – don't plant seeds that are out of date.)
- **Biodegradable Pots**
(Can be planted directly into the soil after your plants are ready to go into the garden. This'll lessen the transplant shock for the seedling, as well as reduce plastic use. (No plastic pot to throw away!)
- **Soil**
- **Plenty of Water & Sunshine**

How to Make It:

1. Begin by having your child help pick what kind of sunflowers you want to grow. Check the seed package – it'll tell you what each variety is, as well as what it's good for. Some can reach up to 12 feet tall, while others only reach 2 feet – a size that may be more suitable for small back yards.
2. Help your child fill the pot with a good seed-starting soil mix, then plant one or two seeds in the soil, 1-2 inches deep. (Depth requirements can vary by plant variety, so check the seed package for more information.) Moisten the soil and place the pot in a warm spot, like next to a window. Once the leaves start to pop above the soil surface, the little plant needs bright sunshine – make sure it gets it, or the plant will stretch and become leggy. Remind the kids to water when the soil starts to dry.
3. Once your sunflower is a few inches tall, it's time to plant it outside in a sunny location that can accommodate the plant's mature height. Then just sit back with the kids and watch your flower grow!



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Sunflowers can be easy plants to grow in your garden, as well as a wonderful learning experience for children. The seed and supplies are inexpensive and easy to find. The kids love them, and the beneficial insects and birds drawn to your garden will thank you, too!