

Sunflower

These tall growing sunflowers can be sown outdoors from late April to May where they are to flower. Sow each seed about 12mm (½in) deep and 45cm (18in) apart in finely raked weed-free soil. Alternatively sow March to April indoors on a windowsill (one seed per small pot filled with multi-purpose compost and make sure the pot has 3 or 4 holes at the bottom) and then transplant outside after all risk of frost from May. These tall plants will need support with canes. Birds love the seed in the large flower heads in the autumn. Hardy annual.

Flowering mid to late Summer.

Helianthus annuus

Height: 2.4-3m (8-10ft) or taller!

Average contents: 10 seeds

Sow by June 2022

Seed packets supplied by Growing Promotions Ltd
Origin UK

www.growingpromotions.co.uk

Sunflower

TALLEST SUNFLOWER COMPETITION



www.ardsandnorthdown.gov.uk