

Dalton's Sunflowers


in kindergartens

Growing Guide SEED SOWING



Plants start as seeds, and for them to grow, the seed needs to germinate. Germination is when a dormant (asleep) seed awakens and sprouts with the right amount of warmth and water. Follow our guide on how to sow your sunflower seed and begin its journey to become a magnificent sunflower.

What you will need

-  **Dalton's Premium Seed Mix**
-  **Kings Seeds Skyscraper** sunflower seeds
-  Biodegradable pots
-  Small trowel or shovel
-  Water bottle (see our make your own water bottle in our Learning Centre)
-  Plastic dish or ice-cream container

Watch our **How-To-Videos** in our online *Kindergarten Resource Centre* for step-by-step tips and advice.



Step 3

Add a little more soil on top and water lightly. Be sure to water regularly for even germination and growth, but avoid over-watering as it can rot the seeds.



Step 1

Take your biodegradable pot and fill it (almost to the top) with your **Dalton's Premium Seed Mix**. (Dalton's recommend you read the health warning on the back of our bag before you start).



Step 4

Make a label with you or your group's name and staple it to your biodegradable pot so you can keep track of which sunflower is yours. You can cut up and use an old ice-cream lid or milk bottle as a waterproof label.



Step 2

Sow your sunflower seed into the soil about 1-1.5cm deep (no more than twice the diameter of the seed). Seeds sown too deeply will not germinate.



Step 5

To germinate your seeds you will need to grow them indoors for the first month or so as it is too cold outside! Place the biodegradable pots into a plastic container like an ice-cream or yoghurt container so they do not leak water. Keep them indoors on a nice warm windowsill and look after them well.

Top tips

-  Keep the temperature constant, so ensure your pots are in a very warm location.
-  Some kindergartens place their biodegradable pots into plastic greenhouses to help germination and keep them warm.
-  You can create your own mini green-house by taking a 1.5 litre plastic bottle, cut the bottom out and remove the lid. Place it over the biodegradable pot.



When will your seedling be ready to plant outside?

When seedlings sprout, there are a set of leaves that form first that look almost like a four-leaf clover. A few days later a third single leaf will emerge that does not look like the first ones. This is called the first true leaf. Your seedlings will be big enough to plant outdoors around the end of September (weather dependent) and once they have sprouted their second set of true leaves – they should be about 10-15cm.