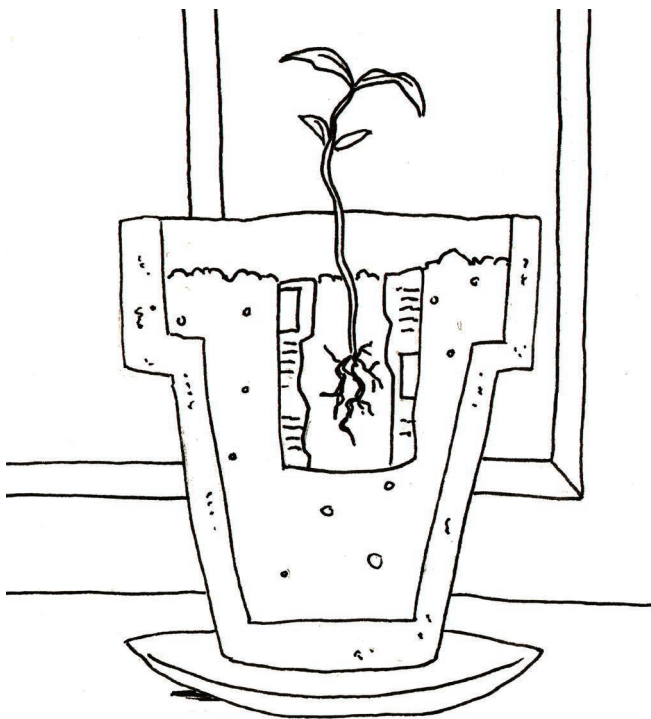


# Growing Sunflowers for Birds

## How to Transplant Your Sunflower Seedling

### To grow your sunflower in a flowerpot:

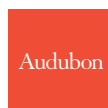
1. Choose a flowerpot that is at least 12" across and that has a drainage hole in the bottom. You'll also need a saucer to set the flowerpot in so the water doesn't run out.



2. Place a thin layer of small stones or gravel in the bottom of the flowerpot. Add potting soil and gently tamp it down until the soil level is about 4 or 5 inches from the top of the container.
3. Using a sharpened pencil, gently poke 2 or 3 holes in the bottom of the newspaper pot. This will help the roots spread out into the soil.



4. Place your newspaper pot and seedling in the middle of the flowerpot. The top of the newspaper pot should be slightly lower than the top of the flowerpot.
5. Add soil around the newspaper pot and press it down firmly. Be careful not to break your seedling! When you're finished, the level of the soil in the flowerpot should be just below the rim.
6. Add water until the soil is evenly moist but not muddy.
7. Place the flowerpot in a sunny spot. Your sunflower needs at least 5 hours of sunlight every day.
8. Water your plant once every day or every other day, depending on how quickly the soil dries out. You want to keep it moist but not too wet. The newspaper pot will eventually fall apart and become part of the soil.
9. It will take several weeks, but if all goes well, your seedling should turn into a sturdy plant and will produce one or more beautiful sunflowers.

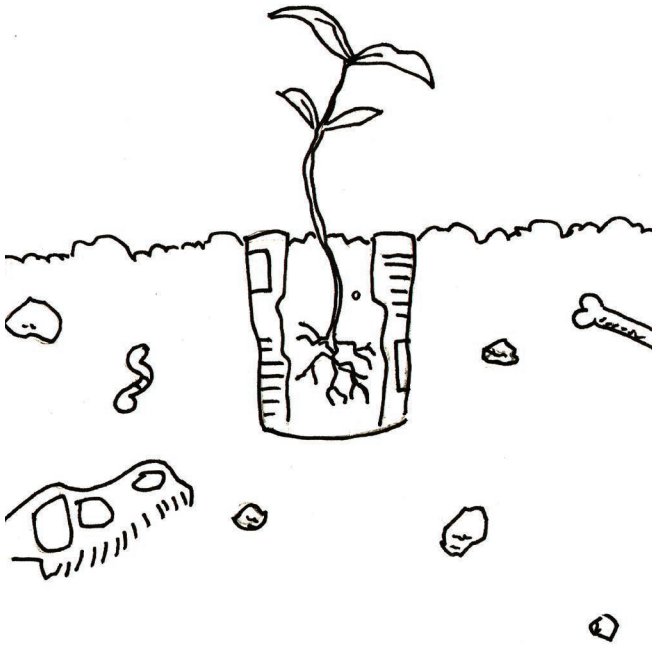


adventures

# Growing Sunflowers for Birds *(continued)*

## To grow your sunflower in the ground:

1. Choose a sunny spot that gets at least 5 hours of sunlight a day.
2. Dig a hole that is slightly deeper and wider than your newspaper pot. If the soil is sandy or the ground has a lot of rocks, add potting soil or topsoil to the hole and mix it in.
3. Using a sharpened pencil, gently poke 2 or 3 holes in the bottom of the newspaper pot. This will help the roots spread out into the soil.



4. Place your newspaper pot and seedling in the hole. The top of your newspaper pot should be even with ground level.
5. Fill in the soil around the newspaper pot, gently firming it down. Be careful not to break your seedling.

6. Add water until the soil around your seedling is evenly moist. The newspaper pot will eventually fall apart and become part of the soil.
7. Water your plant once very day or every other day, depending on how quickly the soil dries out. You want to keep it moist but not too wet.
8. It will take several weeks, but if all goes well, your seedling should turn into a sturdy plant and will produce one or more beautiful sunflowers.

## Feed Your Sunflower Seeds to the Birds!

1. Sunflower seeds grow in the middle of the flower head. Starting out green, they eventually develop small yellow tops as the seeds turn brown or black.
2. Observe the flower heads carefully. When the back of the flower head begins to turn yellow, the seeds are nearly ready for the birds.
3. The flower head is also a bird feeder! You can leave it on the plant for the birds to find. Another method is to cut the flower head off and place it face-up on a platform or other place off the ground where birds can find it and safely land nearby.
4. Now the fun is watching birds enjoy the sunflower feast you've grown for them!