**Sunflower Growing Competition**

**COMPETITION TIME!**

 Monday 24th August 2020 take a photo with measuring stick and send a photo to CLLAwards@midlothian.gov.uk

 Cut your sunflower head off and weigh with photo and send to CLLAwards@midlothian.gov.uk

 This competition is open to anyone of any age, please include your name and age when sending in photos, we would love to see photos of you getting started, your sunflower as its growing and the final pictures for the competition.

By sending in your photo to CLLAwards@midlothian.gov.uk you are consenting to your image being used. Please ensure you ask your parent/carer/ responsible adult permission.

If you have any queries please get in touch.



 1. Put some compost in a plastic cup, yoghurt pot or empty toilet roll tube almost to the top. Poke your finger in the soil to make a hole for your sunflower seed.

 2. Pop a sunflower seed into the hole then cover it with a little compost. Give it a water so it's nice and damp.

 3. Put the cup somewhere sunny like a windowsill. Give your sunflower a little water whenever it feels dry.

 4. You should see your plant poke through the soil after about 1 or 2 weeks. Now's the time to start measuring how much it grows each week - make a log of its progress.

 5. When your plant grows too big for the cup, plant it in a bigger flowerpot or outside in the ground if you have somewhere warm and sunny. Watch out for slugs and snails as they like fresh sunflowers!

 6. Watch it grow - how high will it go?

 7. Don’t forget to water it and support the stem.

Top tips-

* Add a stone to the bottom of your pot to aid with the drainage and root.
* Cut the top and bottom off a plant bottle and place over your sunflower to aid as a slug barrier and mini greenhouse.
* Sunflowers need direct sun for 6 to 8 hours a day.





**Good Luck!**

