

URBAN FARMER

LOVE THE EARTH

From Seed to Harvest: A beginner's guide to growing Sunflowers

Sunflowers are one of the easiest flowers to grow from seed. Sunflowers grow wonderfully along a border, and they bloom in different colors. The most popular Sunflower color is bright yellow. Sunflowers are a good option to grow with children. Sunflowers are often seen sprouting under birdfeeders because they are so easy to grow, they will grow from dropped sunflower birdseed.

To plant:

Plant Sunflower seeds in individual pots, and only plant one seed per pot as they are reliable when it comes to germination and the seedlings are larger than other flowers. Plant them ½ inch deep in multipurpose compost. After planting the seed, water the pot thoroughly so the compost is moist throughout the pot. To keep the seedlings warm, cover each pot with plastic. Move the seedlings outdoors when the last frost date has passed. Although they can be started indoors to get a head start on flowering, Sunflower seeds do best when planted directly into the garden after the last frost date has passed. When planting outdoors, plant seeds 6 inches apart and 1 inch deep in a shallow trench. Cover and water, and the seeds should sprout in 10 days. If planning on growing Sunflowers for bouquets, space the seeds closer together upon planting so they will grow smaller and be more suitable for a vase display.

To grow:

Sunflowers are a very tough flower and can grow in nearly any soil and do best in soils with a pH of 6.0 to 7.5. Sunflowers prefer full sun, and they are drought tolerant.



[Irish Eyes Sunflower seeds available at ufseeds.com](http://ufseeds.com)

Although their roots spread and can withstand drought, Sunflowers need water the most during their most important growth period, which is 20 days before and after flowering. Add a 3-inch layer of mulch around the base of the plant to deter weeds and retain moisture. Do not grow Sunflowers near potatoes or pole beans, as their leaves, seeds and stems emit a substance that inhibits some other plants' growth. Sunflowers should mature and flower within 120 days. To enjoy a continuous bloom of Sunflowers throughout the summer, sow a new row of seeds every two to three weeks. Sunflowers typically will not require staking to stay upright.

To harvest:

Sunflowers make excellent cut flowers because of their long stems and long-lasting blooms. In addition to storing the flowers in a vase to lighten up a room, Sunflower seedlings can be harvested once the flowers are done blooming and have spread their seeds for culinary use.



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However, do not eat the seeds as they are not suitable for consumption.

What Sunflowers crave:

Sunflowers typically do not require fertilizing because they grow so easily, but a slow-release granular fertilizer can be added to poorer soils as the better the soil, the bigger the flowers will grow. However, do not use much nitrogen when fertilizing as it can delay flowering.

Where to buy Sunflower seeds:

Urban Farmer sells many different kinds of Sunflowers in color mixes, yellows, reds, browns and more.

Check out our Sunflower seed selection on our website at ufseeds.com!



[Harlequin Sunflower seeds available at ufseeds.com](http://ufseeds.com)



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