

Growing Food Citizens: Sunflower Project

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Staff Instructions

- Prior to potting day, request pupils bring in either:
Flower pots
Toilet rolls*
Margarine tubs with holes in base
Milk cartons pre-cut around the handle height and with holes in the base to use to pot the seeds.

*Cut 3 to 4 fringes about 3cm deep around one end to fold in and seal off the opening.
- Write names on lolly sticks or pot markers.
- Add soil to the containers.
- Plant the allocated seeds, either individually or spaced out in the containers.
- Insert name markers into pots.
- Stand pots in trays to catch any water and water the seeds in their containers. This should be done twice a week, ideally Tuesdays and Fridays. However, use the soil 'touch test' and if soil sticks to finger less water is needed.
- The ideal growing position would be in sunlight on a window sill. Schools can choose to keep seeds in school till they grow into infant plants; monitor initial growth then send them home to be replanted when larger.
Or you can send them straight home, however, we suggest if possible they remain in school till they are established (approx 6 leaves.)

We will send the school contact further details in the coming months of how to record the sunflower growth. Any questions please contact rebecca@feedbackglobal.org

