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Please DO NOT use Genetically Modified Seeds(GM or GMO). Ask your seed provider and if they cannot give you written proof, do not buy the seed.

Try to save your own seed that you know is safe and you will get more money for your vegetables if they are organically grown, which means no pesticide use for the previous 5 years.

How to grow Sunflowers from Seed

Obtain sunflower seeds. You can purchase seeds in packets or get seeds direct from somebody else's garden. Select a variety that will suit your needs, as sunflowers can be grown in garden beds or in pots, depending on the type of seed you choose.

Ensure that the last frost has passed.

Select a part of the garden or porch where there is full sun all day. They will face the sun when they grow so that will be to the east.

If you can plant them along a wall so the wind will not blow them

down and you can stake or tie them as they will grow 6-7 feet tall.

If planting in a garden bed, the distances will depend on the variety:

Giant Sunflowers: sow the seeds 91cm / 3 feet apart, in rows 1 metre / 3 - 4 feet apart

Regular size: sow the seeds 60cm / 2 feet apart in rows 91cm / 3 feet apart.*Regular size*: sow the seeds 60cm / 2 feet apart in rows 91cm / 3 feet apart

If you are sowing in a planter box or pot, sow about 4 to 8 seeds and thin out the weaker ones as they grow.

Be aware that it is better to plant fewer sunflowers if you don't have much room because the more they are forced to compete for nutrients, the less strong each individual plant will be.

Water generously. But don't water them too much, if you do the plant will eventually die. Once in the morning and once in the evening as it is so hot in Mongu.

Watch. Baby sunflowers will pop up about 1 - 2 weeks after planting. Keep the seedling area weed free and keep watering but other than that, they should not need much maintenance and should grow quickly, taking about 90 days to reach maturity.[4] Weeds are not really a problem once the sunflower reaches 90cm / 3 feet in height. Taller plants are also more drought resistant and watering can be reduced.

Stake if necessary. Consider staking the sunflowers to help them **grow taller** and survive wind and prevent them from being knocked over. This goes *especially* for larger varieties.

Enjoy the beauty of your sunflowers. And, if you wish, you can harvest the **sunflower seeds**. They will fall from the flower head when ripe if you snip off the flower head and gently wipe it across a clean cloth.

Tips

Soil types are not too much of a problem for sunflowers, although a well-drained soil with lots of peat, compost or manure will help them to grow tall and strong. Remember that sunflowers will grow very tall and can shade out other plants if you are not careful. Sunflowers always point to the direction of the sun rising (east), so consider this when planting.

If you have pesky birds picking the seeds out, place a screen over the seeds to prevent this.[5]

Keep the area around the sunflowers weed free, and do not use chemicals or sow grass seeds near them.[6]

It is best to leave sunflowers where you plant them; if you try to move them, they will not really grow as successfully.[6]

Warnings

Birds and antelope love sunflowers. Be sure to grow in a protected area where they will not be eaten.

Sunflowers do not like cold weather! Avoid frosts; wait for the warmer weather before planting.

Things You'll Need

- Sunflower seeds
- Prepared soil and sunny location
- Compost, manure or peat
- Water
- Sunlight

