

Sunflower Growing Challenge



Choose a spot

Sunflowers need lots of sun to grow well. It is very important you choose a spot that gets plenty of sun throughout the day and is sheltered from the wind so your sunflower does not get blown over as it grows. The awamu sunflower is a giant! It can easily reach three metres in height so make sure you give it enough room to grow.

Germinate

Sow your sunflower seeds from April inside in small pots, 2-3 cm deep. Germinate your seeds and grow them indoors for the first month or so in case there is a late frost that could harm your seedling.

Plant

When seedlings are large enough to handle plant them into bigger pots and grow them on for a further two weeks before planting outside in the final position.

Well drained, rich soil is recommended. Alternatively, they can be sown outside directly, after the last chance of frost has passed in your area.

Label

Make a label with you or your group's name and stick it to your pot so you can keep track of which sunflower is yours. You can cut up and use an old ice-cream lid or milk bottle as a waterproof label – use a biro to write your name.

Water

It's important to water consistently for even germination and growth, but avoid overwatering as it can rot the seeds.

Real leaves?

When seedlings sprout, there are a set of leaves that form first that look almost like a four-leaf clover. A few days later a third single leaf will emerge that does not look like the first ones. This is called the first true leaf. Your seedlings will be big enough to plant outdoors once they have sprouted their second set of true leaves.

Slugs

Protect from slugs and birds during the seedling stage. They are easy pickings! You could use a large plastic drink bottle as a cloche to protect them whilst young.

Support

Our Sunflowers can grow more than 3 meters tall so it is advisable to stake or provide support to 1.5 metres so it does not snap.



Winnie gets the soil to plant her Sunflower in Kampala

Aphids

Aphids are the only insects that can be a problem. If aphids arrive, simply wash them off the plant with water.

Weeds

Remember to keep watering and remove any weeds that are competing for nutrients around your sunflower.

Measure and record

Use a measuring tape and your awamu growth chart to measure and record your sunflower's height and flower head width each week to track how it's growing.

Don't forget to keep us up to date on the progress of your flower or flowers by posting your photos on our facebook page, by using the hash tag **#awamugrowoff** on instagram and twitter or by emailing **emma@awamu.co.uk** – we'll retweet and share your progress with everyone else taking part.

Remember this is a global challenge, people all round the world will be joining in including Winnie (pictured left) and the other children awamu work with in Kampala.

By taking part you're helping to make sure they don't go to school hungry, which means they can concentrate in class and get the education that is vital to their future.

Don't forget to visit **www.awamu.co.uk** to learn more about your friends in Kampala and track the progress of your fellow competitors. Keep an eye on our website for your photos!

Seed

Plants begin as a seed and in order to grow the seed must first germinate. Germination is what happens to a seed that has been dormant (asleep) and with enough sunlight, water and warmth it will sprout.

Root

Once germinated, a root develops and grows down into the soil. Roots are like straws and absorb the water and nutrients a plant needs from the soil.

Sprout

You will know your seed has sprouted when you can see a little green shoot pushing up through the soil.

Baby plant

The sprout will grow into a baby plant or seedling. It starts with little leaves, then grows new ones (true leaves) that look different to the others.

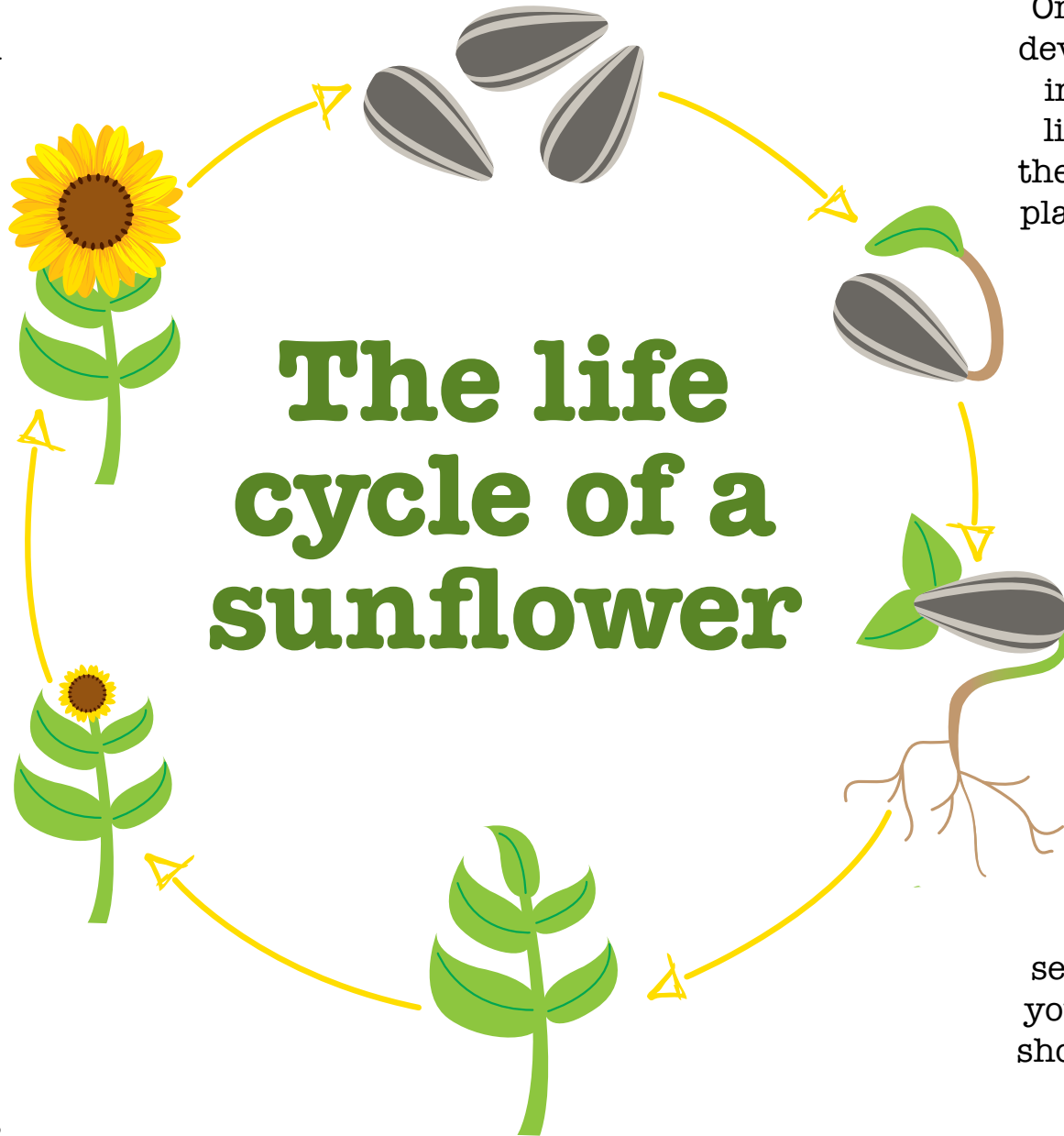
Adult plant

Your plant should be very tall at this stage with bright yellow ray florets at the outside and yellow or maroon disc florets in the centre.

Adolescent plant

The plant stem has grown wider and taller and more leaves have grown. The flower bud has started to develop and open up, and the plant is beginning to mature.

The life cycle of a sunflower



How tall?

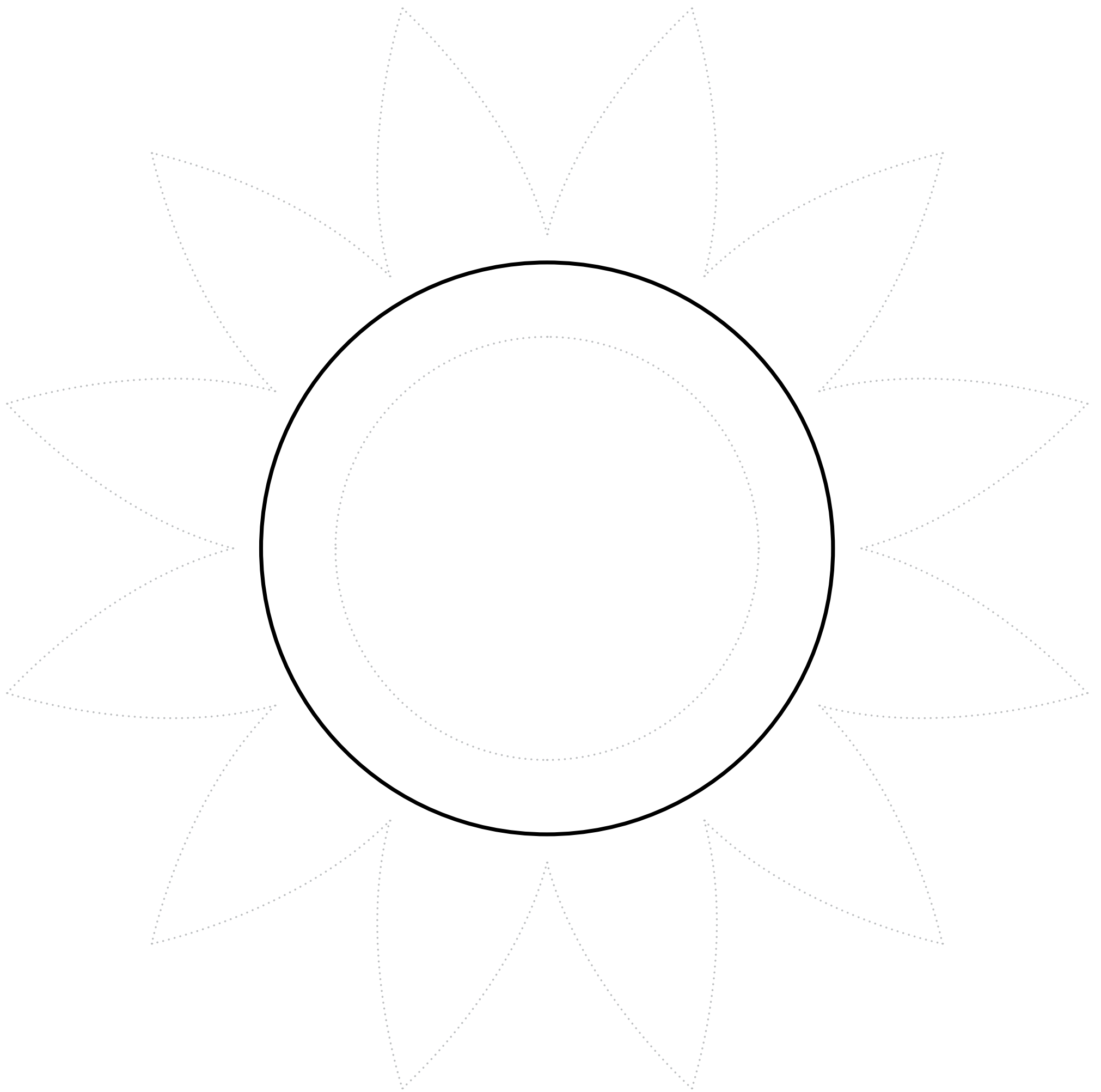
In 2012, the Guinness World Record for the tallest sunflower is 8.23 m (27 ft) for a sunflower grown in Germany.

Did you know?

Sunflowers are heliotropes: In the bud stage, their heads track the course of the sun across the sky. Once they open they become stationary again, facing East. Have you noticed your sunflowers following the sun?



awamu.co.uk



Awamu Sunflower Mask

What you need : What to do

A3 piece of card

Scissors

Colouring pens,
pencils, paints etc

Tape or glue

A stick or some
elastic to hold your
mask up or tie it
on with

Print out this template page
onto an A3 piece of card.

Cut along the dotted lines –
around the petals and the
inner circle to make a face hole.

Decorate - Colour and decorate
your sunflower. Be as creative
as you like.

Add stick - Using tape or glue attach the
stick to the bottom of your mask for you to
hold your mask with, alternatively (if your
mask is strong enough) attach some elastic



by making a hole on either side so
you can wear the mask.

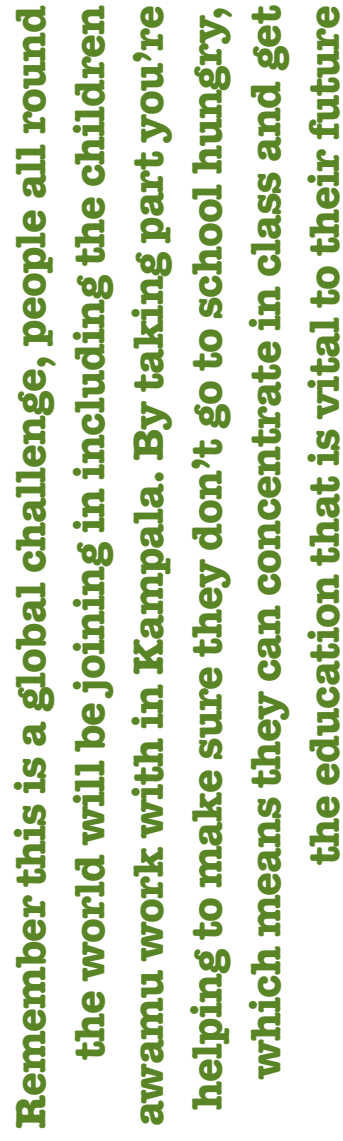
Take a photo - Don't forget
to send us a photo of you
wearing your sunflower mask
by posting your photos on our
facebook page, by using the hash
tag #awamugrowoff on instagram and
twitter or by emailing emma@awamu.
co.uk – we'll retweet and share your photos
with everyone else taking part.

Have fun!

Remember this is a global challenge, people all round the world will be joining in including the children awamu work with in Kampala. By taking part you're helping to make sure they don't go to school hungry, which means they can concentrate in class and get the education that is vital to their future

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