

# From Seed to Sunflower: A Start-to-Finish Guide to Growing Sunflowers

Sunflowers are a beautiful and easy-to-grow flower that can add a touch of sunshine to any garden. They are also a great way to attract pollinators to your yard. If you're interested in growing sunflowers, this guide will provide you with everything you need to know, from choosing the right seeds to harvesting the mature flowers.

The first step to growing sunflowers is choosing the right seeds. There are many different varieties of sunflowers available, so it's important to do some research to find the ones that are right for you. Some factors to consider when choosing seeds include:

- **Height:** Sunflowers can range in height from a few feet to over 10 feet tall. Choose a variety that will fit well in your garden space.
- **Bloom time:** Sunflowers bloom at different times of the year. Choose a variety that will bloom when you want them to.
- **Color:** Sunflowers come in a wide range of colors, from yellow to red to purple. Choose a color that you like and that will complement your garden.

Once you've chosen the right seeds, you're ready to start growing!



## From Seed to Sunflower (Start to Finish, Second Series) by Mari Schuh

★★★★☆ 4.7 out of 5

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Sunflowers can be planted directly in the ground or started indoors and transplanted later. If you're starting sunflowers indoors, sow the seeds in a seed starting mix about 6 weeks before the last frost date. Keep the seeds warm and moist, and they will germinate in about 10 days.

When the seedlings are about 2 inches tall, transplant them into individual pots. Harden off the seedlings by gradually exposing them to outdoor conditions for a week or two before transplanting them into the garden.

To plant sunflowers in the ground, choose a location that receives full sun and has well-drained soil. Sow the seeds about 1 inch deep and 6 inches apart. Water the seeds well, and keep the soil moist until the seedlings emerge.

Sunflowers are relatively low-maintenance plants, but they do require some basic care. Water the sunflowers regularly, especially during hot weather. Fertilize the sunflowers every few weeks with a balanced fertilizer. And deadhead the sunflowers to encourage new blooms.

Sunflowers are ready to harvest when the back of the flower heads turn brown and the seeds are plump. Cut the flower heads off the plants and allow them to dry in a warm, dry place for a few weeks.

Once the flower heads are dry, you can remove the seeds from the heads. To do this, gently rub the flower heads between your hands to loosen the

seeds. The seeds can then be stored in an airtight container in a cool, dry place.

Growing sunflowers is a fun and easy way to add some beauty to your garden. With a little care, you can enjoy these beautiful flowers all summer long.



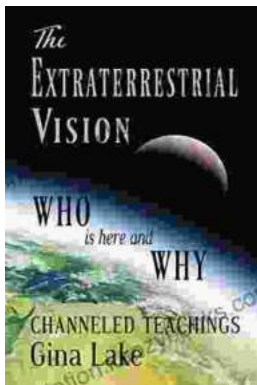
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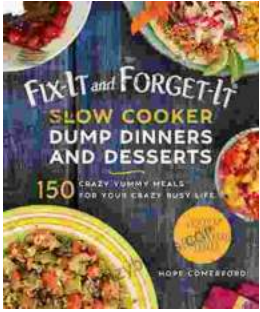
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