

How to plant a sunflower seed.

Watch the video tutorial on our YouTube channel at:

<https://www.youtube.com/c/SouthCentralRegionalLibrary>

Materials:

Seed pot (see videos and instructions on how to make one from a paper tube or recycled newspaper).

Potting or seed starting soil.

Sunflower seed

Pencil (optional)

Water in spray bottle

Plastic wrap or plastic bag

Instructions:

Fill your pot with soil. Shake to settle it.



Poke a hole in the dirt with a pencil or your finger about ½" deep.



Put the sunflower seed into the hole.



Sprinkle enough dirt on top to cover the seed. Press the surface gently to firm it but don't pack the soil too much.



Water the soil surface with a spray bottle. Continue to spray with water each day to keep the soil surface damp until you see the plant beginning to shoot.



Put the seed pot in a container like a yogurt or margarine pot and cover with plastic film (or the plastic bag your soil came in). Put the container in a warm place where it will get lots of sun like a window ledge.

When the plant has its first set of two leaves, stop spraying and put a little water in the bottom of the container, so the plant roots can draw it up into the pot. Don't let the pot dry out – you can still spray some water on the soil surface if it seems a little dry.

Once the plant has two sets of leaves, you can transplant it into a larger pot (like the newspaper pots in our video) so it can grow big and be ready to go into the garden.