



THE TALLEST SUNFLOWER

Choose a sunny spot to sow your sunflower seeds in their flowering position.

You can sow your seeds up until the end of May.

Space your seeds around 40cm apart.

Cover your seeds lightly with 1.5cm of fine soil. Firm gently and keep moist. Put in a marker to remind you where they are!

Make sure no weeds grow around your seedlings.

As your sunflower grows, you will need to support it with a tall stick or cane – gently tie it on with string or twine.

Watch it grow up, up, UP!



GROW THE

Prettiest

CALENDULA

Sow outdoors in a sunny spot where they are to flower.

Sow the seed between April and May.

Scatter the seed thinly and cover with 0.5cm of fine soil.

Seedlings will appear in 7 – 21 days. Water well until the plants are established.

Remove dead flowers to prolong flowering by pinching off below the dead flower.

For the competition, pick 5 flowers which have only just opened and arrange in a vase or jam jar.



GROW THE

HEAVIEST

PUMPKIN

Find an area in the garden with lots of space – pumpkins ramble about and take up lots of room. Improve the soil where it is going to grow. Dig in some soil conditioner or horse compost if you can!

Sow the seed with the pointy end down in a pot of compost on a warm windowsill. Don't overwater. Pumpkins grow very quickly! Transfer your seedlings to a bigger pot as soon as possible after you see the first leaves. Plant outdoors from mid to late May when the chance of frost is over.

Feed the plant weekly when outside and water regularly. When the female flower is pollinated the fruit behind it will start to swell. Keep the plant watered. When it gets bigger, you can put the pumpkin on a piece of cardboard to protect it from the soil.