

# GROW THE LONGEST BEAN

## GROW THE TALLEST SUNFLOWER

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

You can sow your seeds up until 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 seedling.

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!

Fill a small flower pot or tube from the inside of a toilet roll with compost.

Push your seed around 2.5cm deep and water well.

Keep on a bright windowsill to germinate. Keep the compost moist.

Seedlings will grow quickly and need watering regularly.

The young plants can be moved outside once all risk of frost has passed – usually late May.

Plant outside in the ground or a large pot.

Provide some support for the bean to climb up - a tripod of canes or some trellis.

You can feed your runner beans with a general liquid fertiliser, then switch to half strength tomato fertiliser once the first flowers form.

Once it's flowered, leave one of two of the bean pods on the plant to get REALLY long! Pick the others and enjoy!

## GROW THE

# HEAVIEST

## COURGETTE

Sow outdoors 1.5cm deep where the courgettes are to grow – in a prepared bed, large flower pot or half growbag. Sow with the side of the seed pointing downwards.

Allow 60cm between sowing positions. Water well until the plants are established. You can feed weekly with a liquid tomato feed.

Once it's flowered, leave one or two of the courgettes on the plant to get REALLY big and heavy! Pick the others and enjoy!