



Sunflower

Sunflowers need full sun and grow best in fertile, well drained, moist soil with plenty of mulch.

They grow to 1-2 metres, so may need staking or protection from the wind.

They are a good companion to cucumbers, melons, sweetcorn and squash. Don't plant them near potatoes or beans.

Sunflowers need a deep, regular watering, ideally in the morning. They will benefit from liquid fertiliser every two to three weeks, which will boost their height.

The typical flowering time is about 8-10 weeks.

If you are looking to save the seeds to replant, prune 10cm below the flower heads. You should then be able to remove the seeds with a fork.

ERINDALE COMMUNITY GARDEN