



# BLACKWOOD'S

## How To Grow

# SUNFLOWER Superstars!

*With bright blooms that last all summer, sunflowers love the summer heat & they bring friendly pollinators to the garden.  
Here's how to grow your Superstar Sunflowers:*

1. Find a sunny spot to plant your sunflower seeds. They will need a spot that gets about 6 to 8 hours of sunshine every day. Dig a little hole about 3cm deep. Drop in a seed and cover it up with soil. Give it a sprinkle of water. Do this for each seed you want to plant.
2. Sunflowers are thirsty plants. Water them a few times a week. While they are small, make sure to water them gently and regularly.
3. After about 7 to 10 days, they should start peeking out of the soil.
4. When your sunflowers are about 30cm tall, give them some plant food. They love a good snack and the plant food will help them grow tall and strong! Check with the team at Blackwood's for the best food to keep them strong and happy!
5. If you see some pesky insects trying to munch on your sunflowers, don't worry! You can come to the team at Blackwood's for a superhero solution to keep your plants safe.
6. As your sunflowers grows taller, they might need a little help standing tall. You can use sticks and some string to stake them and give them some support.
7. Snap and Share! Take lots of pictures of your sunflowers as they grow. **Email all your pics to us on [hello@blackwoods.co.za](mailto:hello@blackwoods.co.za).** You can also share your photos with us on social media and tag us on **@Blackwoods.HoG | @blackwoodsnursery | kirchhoffsseeds | @rawlivingsa.**
8. Have Fun! Gardening is all about having fun! We can't wait to see how big and beautiful your sunflowers become!

**Get all the details on our website:  
[www.blackwoods.co.za/sunflower-superstar](http://www.blackwoods.co.za/sunflower-superstar)**