



Zfact:

Your sunflowers will probably grow to be **taller than you are!**

Grow Sunflowers and Bake Salty Sunflower Seeds

Do you have a green thumb? Find out by planting some sunflower seeds.

You will need:

- sunflower seeds (You can buy these at a nursery.)
- an area of soil for planting, or a 4-gallon container and potting soil and sand
- water

Choose a **sunny** spot. Plant seeds about 2 feet apart and $\frac{3}{4}$ inch deep. If you're using a container, mix equal parts potting soil and sand and fill the container. **Water** the seeds when the soil is dry. You should see sprouts in about a week. Once flowers start forming, water the plants a little more often.

You can **harvest** your sunflower seeds when the backs of the flowers turn yellow. Cut the stems about 1 or 2 feet below the flowers. **Hang** them upside down to dry completely in a cool, dark place. This will take about 3 to 4 weeks.

When the flowers are dry, **pick** out the seeds. You can put some in your bird feeder. **Soak** the rest in saltwater overnight. Drain and spread them on a cookie sheet. Ask an adult to help you **bake** them at 200 degrees until they're crisp (about 1½ hours). Enjoy!