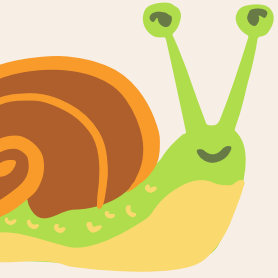





# Empower in Bloom



To mark the beginning of Spring 2024, we're inviting you all to take part in our Sunflower Growing Competition. Prizes will be awarded for the tallest sunflowers. Please send us regular updates of your flowers as they grow from little seeds into garden giants! We will post regular updates on our website and LinkedIn pages.

In order to get started, we have attached a packet of sunflower seeds to this leaflet, which will need to be planted before the **end of May**. You will have until **1st September 2024** to submit your photo and height in cm of your sunflower to [HM@empowerhousing.org.uk](mailto:HM@empowerhousing.org.uk). To enter, each tenant is required to complete both sides of the Gardener's Profile Form attached to this leaflet.

**Prizes:**  **£100 voucher to spend at your local garden center along with a bespoke Sunflower Trophy**

 **£50 Garden lovers hamper**

 **£25 Love to Shop voucher**



**£10 Love to Shop voucher for the best overall photo out of all the final entries**

To help, we have provided a Sunflower Growing Guide on the reverse of this leaflet which shows a step-by-step process of helping your sunflowers to thrive. For more information or if you require more seeds please contact our Housing Management Team on 01257 260712 option 3.



# How to Grow a Giant Sunflower

## What you will need:

Small plant pots, seed compost and sunflower seeds (enclosed). Bamboo stakes and twine for when they have grown taller. Plant food to help your sunflower grow (optional).

You can also send in photos of your sunflowers progress to [HM@empowerhousing.org.uk](mailto:HM@empowerhousing.org.uk)



## SOW & GROW

**Step 1** - Put some damp soil in a plant pot so it comes up almost to the top. Then make a hole in the soil to make a hole for your sunflower seed. **Remember to write your name on your pot so you can identify your sunflower.**

**Step 2** - Drop a sunflower seed into the hole. Cover it with a little soil. Spray or sprinkle some water on top.

**Step 3** - Put the plant pot on a sunny windowsill. You could plant a seed in some more pots too if you like, to see which one grows best. Spray the soil with water whenever it feels dry.

**Step 4** - Your plant should pop up through the soil after about 1 or 2 weeks. You can now start measuring how much it grows each week.

**Step 5** - When your plants grow too big for the pots (around 5cm), plant them in bigger flowerpots or in a sunny spot outside in the garden. Be sure to plant them at least 15cms apart to help the roots grow. Make a hole and sit the seedling into the hole. Make sure that the surface of the compost is in line with the surface of the soil around it. Gently put some of the soil back around the plant and press it down with your fingers. To stop the plant from drying out, cover with about one centimeter of soil but be careful not to damage the sunflower. Water when needed and watch them grow.

**Step 6** - Your plants should flower after about 8 weeks. **Remember when you measure your sunflower you should measure from the base of the stem to the top of the stem.**