

Grower's Facts

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Sunflower

Helianthus annuus Suntastic Golden F1

PLANTATION: Indoor: Sow seeds 4 weeks before the last ground frost. Place 3 seeds per cell, keep only the strongest seedling. Maintain the temperature around 17 °C. Germination 7 to 14 days. Transplant them quickly in the garden without disturbing its roots.

Outdoor: Sow directly in the garden at the end of May.

Maturity: 9-10 weeks.

SOIL: Indoor: A well-drained, porous sowing media is best to prevent overwatering.

Outdoor: Rich, well-drained soil.

PLANTING:

Step 1: plow the soil about 30 cm (12 inches). Add an equal part of potting soil and mix well. Dig a hole approximately the same length as the container and about 1 ½ to 3 times the width.

Step 2: slightly squeeze the container, tap out the plant, and delicately free the roots. If the roots are too dense, liberate the fibers by inserting a knife or a transplanter. Separate the roots carefully, and then place in the hole.

* **Good to know:** Use an organic bone meal or a «soil activator» when transplanting to stimulate root development. Follow the instructions for use on the package.

Fill up the hole with garden soil. Slightly press the soil around the base of the plant to favor the contact between the roots and the soil. Water regularly every 2 or 3 days until the soil is well compacted.

Note: Growing *Helianthus annuus* is quite easy, as it is tolerant of the nature of the soil and the amount of water available. But it does not support overly acidic soils or waterlogged soils and performs best in rich soil. It requires a sunny to partial shade exposure, although the lack of sunlight prevents the seeds from coming to maturity.