



# **Next Steps - Growing On Sunflowers Indoors & In Pots**



**Green Connections C.I.C.**  
Plants & Arts for Communities

**Place your sunflower seeds on a warm, sunny windowsill and keep well watered.**

**Once you can see 2 sets of leaves, fill a 3" (9cm) pot with soil, make a hole and place the seedling in its case into the pot.**

**Secure each seedling in place with soil and water them in gently.**

**Keep in/on a warm sunny windowsill, balcony or garden table away from slugs. Pot on again to your final pots where your seedling will flower and start applying diluted tomato feed weekly to help your plant produce flowers.**