




Sunflowers across *your community*

Brighten up your neighbourhood
with a sunflower competition

 Suitable for 5+ neighbours

How it works

1. Get your neighbours together and agree a date to start growing sunflowers, planting them at the same time
2. Agree a final date and a prize for the tallest sunflower (it could even just be a certificate)
3. Use this free website to monitor your community progress: sunflowercompetition.co.uk

Make sure you take some photos of the sunflowers – as they grow and on the final measuring day – to share with your community.

Keep us up-to-date

We'd love to hear your plans and see the photos of your community events too. Drop us a line if you need more info, or help with organising your sunflower growing event – or any other community initiative – at heartofsage@sagehomes.co.uk.



→ How to grow sunflowers

It's easy to do: plant a sunflower seed between May and June

- Sow the seeds individually in 10cm pots of compost and cover them with a clear plastic bag, putting them in a sunny warm spot inside.
- Once seedlings appear, take the cover off and put them outside for two or three weeks. Once they grow, plant them in your garden/in bigger pots.
- Water them regularly and keep slugs and snails away.

→ What to do with old sunflowers

- Once they've flowered, sunflower heads have lots of seeds
- Remove these seeds and leave them to dry
- You can then share these seeds with your neighbours – to plant more sunflowers the next year.

Don't forget to scatter some seeds on the ground for the birds to eat too!

