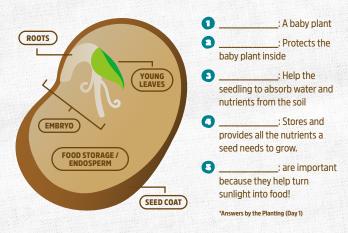
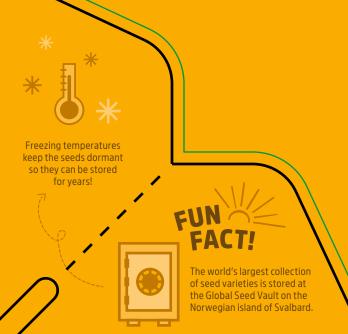


blanks to connect the definitions to the corresponding parts of the seed.



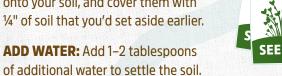




## Planting (Day 1)

**EXPAND THE SOIL:** Place the soil puck in a separate bowl and add 1/3 cup of water. Wait 30 seconds as the soil expands (pretty cool, huh?!), then add it to your garden pot. Save a small amount of soil and set aside.

**PLANT SEEDS:** Sprinkle 3–4 seeds onto your soil, and cover them with 1/4" of soil that you'd set aside earlier.



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COUPON

Excess water will seep out of your garden

pot to help protect against over-watering.

Place your pot on a small dish to catch any

extra water and protect your table surface.

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## **Germination & Growth (Days 2–10)**

**KEEP SOIL MOIST:** Your seeds will need about 1 week to start growing. Keep the soil moist during the first week by adding 2–3 tablespoons of water whenever you see the soil's top layer dry out.



TIP: Cover your pot with a note card or wet paper towel to increase the humidity and help your seeds germinate faster!

**PROVIDE SUNLIGHT:** Check for growth daily. When seedlings poke out from the soil, uncover your pot and place it on a windowsill. Your plants should get 6–8 hours of direct sunlight per day.

**KEEP WATERING:** Continue to check on your plant as it grows! When you see the top layer of soil begin to dry out, add 2-3 tablespoons of water.

### **Moving Day**

At around day 10, remove all but the strongest 3 seedlings. Once these have multiple sets of leaves, remove all but the strongest one. You're now well on your way to growing your sunflowers — congrats!

But now your seedling is ready to be moved into the ground or a larger pot to continue growing — this is called transplanting. Your starter pot can come too it's plantable!

For a full transplanting guide, just scan the code below with a phone camera or text SCIENCEKIT to 55490.







Sunflowers are true American originals — they have been grown in North America for over 5,000 years for their food, oils, dyes, and beauty! But did you know there are 70 species of sunflowers?! They come in a fun range of color, shapes, and sizes. Some produce more seeds, others more oil, and some just grow really, really tall -

what kinds of sunflowers grow in your community. Scan this code with your phone camera

# ☐ Activity 3: Find a Sunflower Farmer

the world record is over 30 feet tall!

Head to your local farmers market to see to find a farmers market near you.

# ■ Activity 4: Learn as You Grow

Download the FREE STEM curriculum at backtotheroots.com/curriculum



## We're here for you!

Have any questions as you're growing? Get in touch with our team — we'd love to help! backtotheroots.com/contact





