

Activity 1: Growth Log

After your seedlings emerge, keep track of how tall they are getting! How long does it take for them to grow taller than this ruler!? How tall are your seedlings on...

DAY 7	DAY 10	DAY 11
DAY 12	DAY 13	DAY 14

FUN FACT!

Sunflowers can tell time! Young sunflowers follow the sun as they grow.

Activity 2: Seed Lesson

In order to come to life, seeds need water, air, and sunlight – but do you know exactly what is going on inside each seed as it grows? Draw a line or fill in the blanks to connect the definitions to the corresponding parts of the seed.

- _____ : A baby plant
- _____ : Protects the baby plant inside
- _____ : Help the seedling to absorb water and nutrients from the soil
- _____ : Stores and provides all the nutrients a seed needs to grow.
- _____ : are important because they help turn sunlight into food!

*Answers by the Planting (Day 1)

FUN FACT!

Freezing temperatures keep the seeds dormant so they can be stored for years!

FUN FACT!

The world's largest collection of seed varieties is stored at the Global Seed Vault on the Norwegian island of Svalbard.

START HERE!

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.

ADD WATER: Add 1–2 tablespoons of additional water to settle the soil.

Take care!
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.

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.

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Activity 3: Find a Sunflower Farmer

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 – the world record is over 30 feet tall!

Head to your local farmers market to see what kinds of sunflowers grow in your community. Scan this code with your phone camera 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