

# GARDEN GROW KIT

# SUNFLOWER

*mammoth*

Sunflower seeds can be started up to 2-3 weeks before the last spring frost date. Find your region's frost date here: [www.almanac.com/content/frost-chart-united-states](http://www.almanac.com/content/frost-chart-united-states)

## START GROWING

Remove all contents from CowPot.

Place CowPot on a tray or plate and pour bag of recycled glass and coconut husk grow medium into CowPot. Level surface.

Sprinkle in seeds and push them ½" below surface of grow medium. Gently tamp the medium.

Slowly pour 1 C of water evenly over the surface of the grow medium.

Place CowPot in warm and sunny window (68°-86°F).

Going forward, touch just below the surface of the grow medium daily, and if it's not damp, spray with a little water.

Once seeds sprout, begin watering as needed. CowPot will turn dark brown when wet, so when it's light brown, it's time to water again. Allow CowPot to harden between waterings.

*Some seeds may fail to germinate (this is nature). If sprouts don't appear in 2-3 weeks, the seeds may have been planted too deep, growing medium is too dry, or temps are too low. In dry climates, consider creating a greenhouse effect by placing a clear bag over the CowPot. Punch a few holes for ventilation. Remove the bag once sprouts are 2" tall.*

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# TRANSPLANTING

Once your plant is established, you will need to fertilize it. Visit your local garden center for a healthy selection of organic nutrient offerings.

Transplant once seedlings have 2–3 sets of true leaves and outside night temps stay above 55°F. You may need to repot indoors before the outdoors is ready. CowPots start to break down after 12wk

Before transplanting thin your seedlings by with a scissors bysnipping out any weak or crowded seedlings. Leave 2–3 plants. Then harden off your plants by placing them in a protected area outside for a few hours each day.

Plant in location with full sunlight. Prep your transplanting location—either container or ground—by digging a hole large enough to accommodate the CowPot and plant (see details below).

Mix ½ gallon of a mild water and nutrient solution (¼ strength, follow nutrient's instructions). Pour solution in hole, reserving ½ cup of solution.

Pour remaining nutrient solution into CowPot.

Bury the CowPot completely so that only one set of the leaves show (yes bury a portion of the stem/leaves). Then fill in hole with soil.

Tamp the soil lightly with your hands and water the entire area to help the plant settle.

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*Sunflowers thrive in direct sunlight. Feed often and water regularly. This seed variety grows 9 ft. - 12 ft. tall.*

*CowPots are made from composted cow manure, which is 100% renewable and biodegradable.*

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