



# Grow it for Guide Dogs



## Turn your flower power into life-changing support for people living with sight loss this summer!

Enclosed are your FREE sunflower seeds. Grow your fundraising and challenge your friends, family or co-workers to grow the tallest sunflower and ask everyone taking part for a small donation.

### Getting started:

Plant in April or May, make sure your pot has drainage holes and fill with compost to about 2cm below the rim. Pop in your seed, cover with compost and water well.

### Top Tips for the perfect sunflower:



Sunflowers need lots of sun to grow well. Choose a spot that gets plenty of sun throughout the day.



Protect from slugs and birds when the plants are small, a large plastic drink bottle works great as a cloche.



Keep your plants well-watered, especially in warm or dry weather.



You can give them an optional feed in mid-June and again in August, using any kind of general plant feed.



Most sunflowers need a stake or support to stop them falling over, especially in windy conditions. You can use a bamboo cane, wooden pole or tie to a fence or wall

### Watch them grow

| Week | Date | Height |
|------|------|--------|
| 1    |      |        |
| 2    |      |        |
| 3    |      |        |
| 4    |      |        |
| 5    |      |        |
| 6    |      |        |
| 7    |      |        |
| 8    |      |        |
| 9    |      |        |
| 10   |      |        |
| 11   |      |        |
| 12   |      |        |
| 13   |      |        |
| 14   |      |        |
| 15   |      |        |