

In aid of



**Grow it**  
for Guide Dogs

# Ready, Steady...GROW!

is raising money for Guide Dogs and inviting you to take part in their Grow it for Guide Dogs challenge this summer. Who can grow the tallest sunflower and help support people living with sight loss? In this pack you'll find everything you need – just add compost, water and get growing!

Every day 250 people in the UK start to lose their sight. When someone loses their sight, Guide Dogs are there to make sure they don't lose their freedom as well. Whilst competing in the Grow it for Guide Dogs challenge, please make a donation if you can and every penny raised will go towards helping provide life-changing services for people with sight loss

**Your support will help them live the life they choose.**

## Ways to Donate

---

To make a donation via [JustGiving](#)

To make a cash or cheque donation

## Follow these simple step-by-step growing instructions

**1**

You can choose to start your sunflower off indoors on a sunny windowsill, or plant straight into the soil. If you are starting indoors, make sure your pot has drainage holes and fill with compost about 2cm below the rim. Tap each pot to settle the compost and press to firm.

**2**

Use a pencil to make a hole in the compost or soil and place the seeds carefully and cover with compost. Label each pot or space and water well so that the compost is just moist throughout.

**3**

If you're starting indoors, plant out your seedlings when they have 3 or more leaves.



## Top Tips



Sunflowers need lots of sun to grow well. It's very important you 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.

## How to measure your sunflower

Use a measuring tape and record your sunflower's height each week.

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

### Did you know?

- The tallest sunflower ever recorded was in Germany and reached an enormous 9.17m. That's taller than five average-height men stood on top of each other.
- Sunflowers are heliotropes: in the bud stage, their heads track the course of the sun across the sky. Once they open, they become stationary again, facing East.

**Thanks for joining Grow it for Guide Dogs this summer, making a difference for people living with sight loss. You're a Life Changer!**

