



## ORGANIC SUNFLOWER GROW KIT INSTRUCTIONS

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### WHAT'S INCLUDED:



mason jar planter, lid,  
& organic potting mix

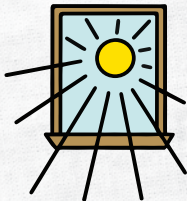


organic sunflower seeds

### WHAT YOU'LL NEED:



tap water



sunny window or grow light  
light available at [backtotheroots.com](http://backtotheroots.com)



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This garden is 100% Guaranteed to Grow! Not growing? Not a problem.  
We're here for you! Reach out at [contact@backtotheroots.com](mailto:contact@backtotheroots.com) or 510.922.9758

## PLANTING

Remove planter lid and add  $\frac{1}{2}$  cup of water to dampen the soil.

Sprinkle 5-6 sunflower seeds near the center of your planter and cover with  $\frac{1}{4}$ " of soil.

Add additional water to ensure the top 2" of soil is moist. Use a watering can with a gentle spray nozzle or a spray bottle to avoid displacing your planted seeds.

Place the planter lid back on top of the jar (no need to screw it on tightly) to increase humidity and aid in germination.



## GERMINATION

Temperature & moisture are important factors for successful germination:

- Sunflower seeds germinate best in warm soil. Keep your planter in a warm spot like a sunny window or near a heating vent.
- Keep the top 2" of soil consistently moist throughout germination. Carefully add water as needed.



**Seeds will germinate in approximately 1-2 weeks.**

Remove the planter lid after seedlings appear. Seedlings will be delicate, so take care to add water near them but avoid drenching the green stems and leaves.



## THINNING

After germination, you may have multiple seedlings in your planter. 2 weeks after planting, remove all but the 3 strongest seedlings. Once these have multiple sets of leaves, remove all but one.



## WATERING

Watering needs will depend on environmental conditions, and will increase as your sunflower grows! Peer through your mason jar and add water when your soil begins to dry.



**TIP:** Your planter is clear for a reason - peer in to make sure soil is dry before watering again!

## FLOWERING

Approximately 8-10 weeks after germination, a flower bud will emerge from the top of the plant. It will slowly open over the next 2-3 weeks to reveal a beautiful bloom!



Show off your beautiful sunflower in bloom! Share a pic of your planter and we'll donate one to a classroom of your choice.

Tag @backtotheroots and #GrowOneGiveOne.

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Visit [backtotheroots.com](https://backtotheroots.com) and use promo code **GROWINGGIFT20** to save 20% in any of our other organic small space gardening kits.

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Mushroom Grow Kit | Tomato Grow Kit | Kitchen Herb Garden | Water Garden  
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