

I ♥ VE MY BIBLE!

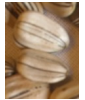
SUNFLOWER SEED INSTRUCTIONS

In today's lesson we learned that God's Word is SEED. We are "good ground" when we listen to and obey His Word. Then His Word grows in us and produces beautiful things!

During class, we planted sunflower seeds, one in each little container (peat pot).



For the seeds to grow and produce big, beautiful flowers (as well as seeds that we can eat), we need to follow the instructions that came with the seeds:



1. Take your containers home, remove the plastic wrap, and water thoroughly, enough to saturate the walls of the peat pots.

2. Keep the soil moist, and your seedlings should emerge in 7-14 days.

3. After the plants begin to grow, separate the peat pots and take them outside. Transplant your sunflowers into the ground "peat pot and all," covering entire peat pot with soil. Have your parents help you choose a good spot: your sunflowers will need lots of sun, and they will grow very large (stalks can be 12 feet tall, twice as tall as your dad!).



4. After about 80 days, you will be able to harvest hundreds of seeds from the sunflower heads. Allow the heads to dry on their stalks and then cut them off and allow them to air-dry in large paper bags for 2-3 weeks.

5. After the seeds are dry, if you want a real challenge, try counting how many seeds are in each sunflower head! Pile the seeds in groups of 10 to make counting easier. You will be amazed at how many seeds grew from the one seed you planted!

6. For ideas on how to roast your seeds in the oven or microwave, you can visit the National Sunflower Association's website (www.sunflowernsa.com) and look for recipes. Yum! :)