



## LONGBARN RESIDENTS' ASSOCIATION

"Working together for our Community"

Registered Charity No. 1170309



# SUNFLOWER COMPETITION 2023



Fancy taking part in our fun & free competition with amazing prizes?

1. Phone 01925 820647 (answerphone), & tell us who you are & where you live
2. We'll deliver a pack of sunflower seeds **FREE OF CHARGE**
3. Put some compost in a plastic cup, almost to the top. Pop a sunflower seed into the hole then cover it with a little compost. Put the cup somewhere sunny like a windowsill. After about 1 or 2 weeks your seed should germinate & a shoot will poke through the soil. Then re-pot or plant in your front garden
4. Keep soil moist (sunflowers are thirsty little buggers)
5. Talk sweetly to them from time to time (if you're so inclined)
6. As they grow, stake them with a cane stick (they can rise up to +6' tall)
7. Judging takes place end of August, when **your sunflowers must be visible at the front of your home so that we may measure them.**

Good luck !

