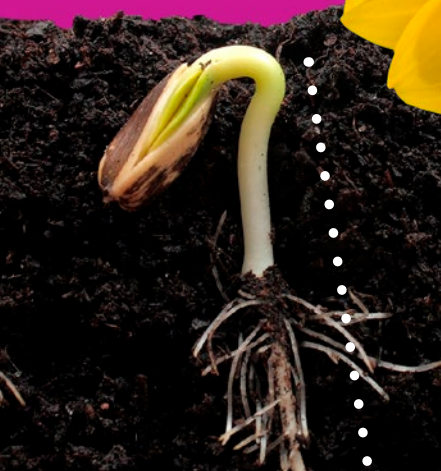


Pebble
Maker

GROW YOUR OWN

SUNFLOWERS



BY LISA J. AMSTUTZ

TABLE OF CONTENTS

Sky-High Plants	4
What You Need	6
What You Do	8
Take It Further	20
Behind the Science	22
Glossary	24
About the Author	24

Words in **BOLD** are in the glossary.

SKY-HIGH PLANTS

Tall sunflowers look pretty.

You can grow your own.

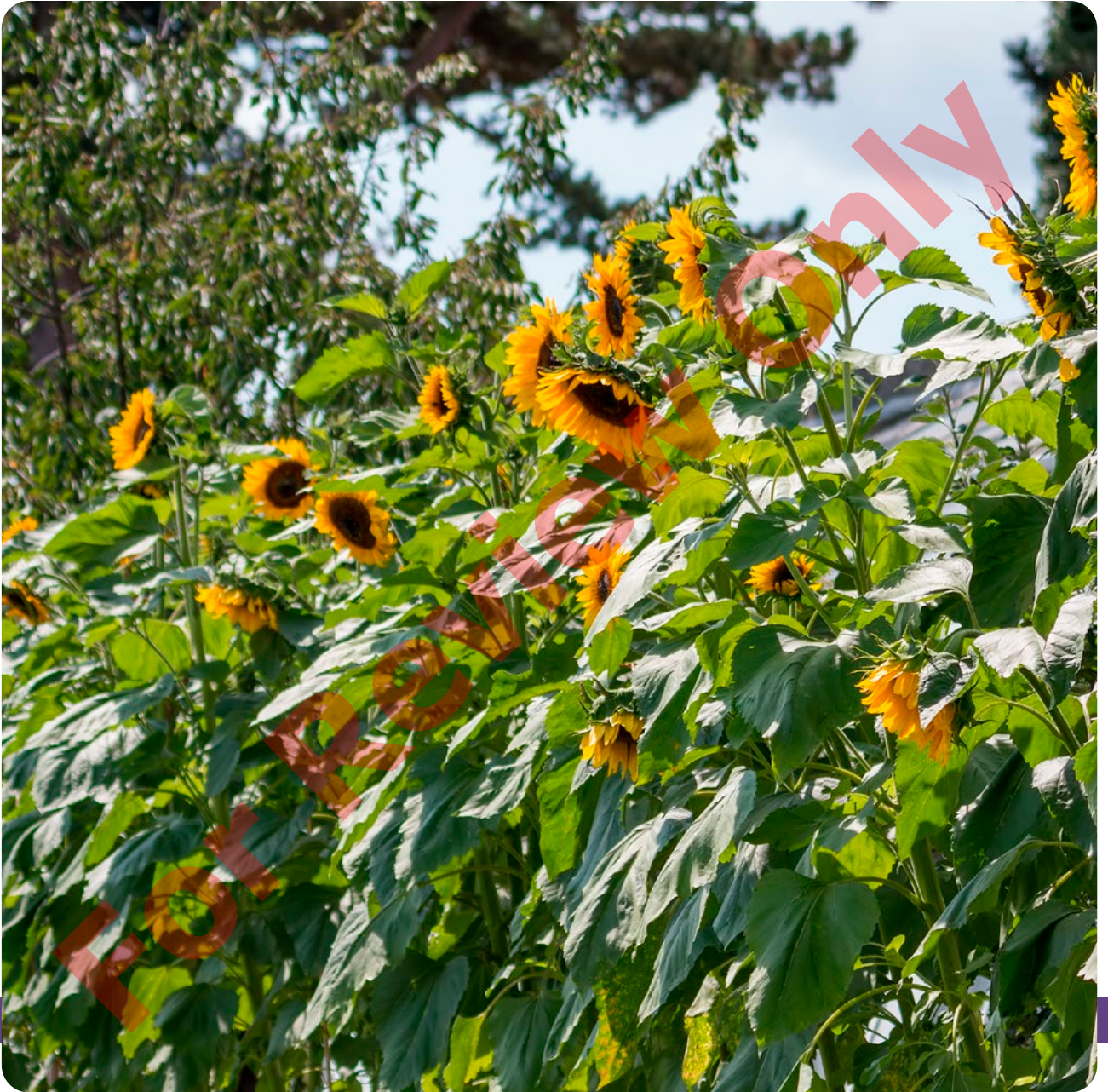
Wait for the **frost date** to pass.

Then plant seeds in your garden.

You can start the plants in pots too.

This gives them a head start.

Read on to learn how!



WHAT YOU NEED

- two sunflower seeds
- potting soil
- trowel
- **peat pot**
- dish or tray
- clean spray bottle
- water
- a sunny spot indoors





WHAT YOU DO

STEP 1

Use the trowel to scoop some potting soil. Fill the peat pot. Leave some space at the top.

Push two seeds into the soil. Plant them a half-inch deep. Cover them with soil.



TAKE IT FURTHER

Turn your sunflower into a bird feeder.

Cut off the flower, leaving some of the stalk. Poke a hole through the stalk. Push a string through the hole. Tie it on a tree branch or fence. Watch the birds come!



BEHIND THE SCIENCE

We need food to live and grow.
Plants do too! But they do not eat
like we do. They make their own food.

Leaves take in light and air.
Roots soak in water and **nutrients**.
Plants use these to make food.