

# Sow some seeds

Sunflowers and runner beans are great to grow.

You need -

- Seeds
- Plant pots - you can use yoghurt pots, just make some holes in the bottom
- Compost
- Cling film
- Lollipop sticks



Take your pot, and add some compost



Make a small hole for the seed, and pop it in, it needs to be about 1cm deep.



Water the compost



*Cover with cling film and use a lollipop stick to label it.*



*Put it on a sunny windowsill to grow.*

*As it grows, you can plant it outside in the garden, or in a bigger pot.*

