



# How to Grow Sunflower Shoots

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Sunflower shoots are easy to grow in flats in a greenhouse, indoors under grow lights, or outside when the weather is warm enough (65°F / 18.3°C).

At any given time Johnny's sells sunflower seed for shoots out of several different seed lots. There is variability between lots for shoot germination time, shoot emergence, and uniformity. The following instructions will help alleviate variability within a single crop.

- Soak desired amount of seeds for 6–8 hours before sowing.
- Sow seeds into open flats filled with germination or potting mix.
- Cover with ¼" of moist media or moist vermiculite.
- Grow on for 7–14 days, depending upon temperature and desired shoot height.
- As seedlings are growing, gently run a plant stake or your hand over the plants; this helps to knock seed coats from cotyledons.
- If some seed coats do not fall off readily, removal with fingers may be necessary; some seed coats may not come off even with gentle pulling — at harvest time, pull up these few plants to remove from crop.