

# Pot Sunflower

## *(Helianthus annuus)*

### SOWING:

Use a well-drained, disease-free media with a pH range of 5.5 to 6.0, and EC less than 0.75mS/cm. Cover seed with vermiculite or sand. Keep the substrate at a medium to medium-wet level during germination. Maintain 95 to 97% relative humidity until cotyledons emerge. Germination temperature: 20-22°C. Germination takes approximately 3-5 days.

### CROP TIMING:

Sowing to transplanting    2 - 3 weeks  
Sowing to flowering        9-12 weeks

### GROWING ON:

- Temperature 18 - 22°C Day, 16 - 18°C Night
- pH 5.8 - 6.5

### FEEDING:

The plants are high feeders. It is important to supply a regular balanced NPK feed, ideally at each watering. Increased potassium can be used as buds develop.

### PGRs:

Growth regulation is not essential. Plants grown under short days may produce a taller plant; therefore treatment would be more advantageous. PGR treatments will delay flowering by about 1-2 weeks.

### PACK/POT SIZE:

100-150mm pots. For larger pots a seedling may require transplanting into a 100mm pot before potting on into final pot.

### NOTE:

Do not overcrowd the plants as this will cause yellowing of foliage. Reduce overhead watering as the plant matures. Crop time is affected by day length and temperature; higher temperatures and longer days speed plant development.

### PESTS & DISEASES:

*Pythium* root rot - a preventative fungicide spray can be used, along with ensuring that the growing medium does not become waterlogged.

*Botrytis* - if condensation or water is left on the growing tip as the flower bud develops.

Aphids; thrips feeding on leaves, petals and pollen.

