

# OUTDOOR BOX

## SUNFLOWER SIZZLE

Outdoor activities are at the heart of Scouting.

This activity is for Scouts but any section or leaders could take part too !

### What you need:

- Sunflower Seeds
- Paper Bags (to protect the seeds from birds)
- Container and Kitchen Roll
- Frying Pan and a Wooden Spoon



### How to make it:

Planting some sunflower seeds is a great way to do a variety of things: to start to grow your plants yourself, add colour to your garden, dry flowers to use as an indoor decoration, feed the birds in your garden, but also to provide some interesting food to eat yourself !

1. Buy some sunflower seeds and follow the instructions on the packet when planting (once you have grown some sunflowers, you will be able to keep some seeds in the shell to plant for your next year crop).
2. When the flower petals start to fall from the flower, it is time to do one of two things:
  - Leave them for the birds to eat.
  - Cover each head on the plants with a paper bag and wait for the seeds to ripen which will take 30 to 45 days.
3. If you are harvesting the seeds (you will know when they are ready to pick when the back of the flower head turns brown in the bag) gently rub the seeds with clean finger-tips and the seed will fall away easily.
4. Store the seeds in a dry container lined with kitchen roll to make sure they don't go mouldy.
5. If you want to eat your seeds, remove the casing by gently squeezing and then dry-fry the seeds in a frying pan over a low heat to toast them to use as a salad topping or they are good to eat just as they are – enjoy !

### Greater things for the great outdoors:

Why not have a competition with other to see who can:

- Grow the tallest sunflower
- Harvest the most seeds to eat

### Safety Notes:

**Food / Allergies:** Check for allergies before you begin. Make sure you have suitable areas for storing and preparing food and avoid cross contamination of different foods. All activities must be safely managed.

**Flame:** Make sure anyone handling naked flames is doing so safely. Check that the equipment and area are suitable and have plenty of ventilation. Have a safe way to extinguish the fire in an emergency.

**Gardening and Nature:** Wash your hands after the activity has finished and wear gloves if needed.

