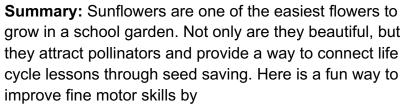


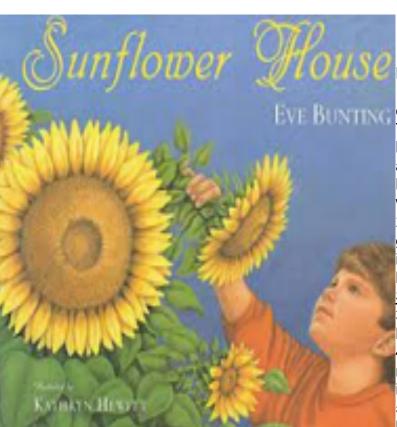
## SUNFLOWER SEED COLLECTION



using tweezers to remove seeds from a sunflower head. Length: 15-30 minutes Ages: preK-5th grade

## Materials needed:

- Sunflower heads (see note below about harvesting)
- Kid-friendly tweezers
- Tray (if indoors)
- Containers for seed collection





## Procedure:

1. If possible, have students assist in the collection of sunflower heads prior to the lesson. To know if the heads are ready, look for signs like the seeds being plump, the petals falling off, and the back of the flower turning brown. Cut 4" below the head and hang upside down in a dry, warm area to prevent mildew.

2. Depending on the time available, age group and prior knowledge of students involved, we recommend beginning with a book about sunflowers (such as <u>The</u> <u>Sunflower House</u> by Eve Bunting).

3. Place sunflower seed heads on the tray to keep seeds from creating a mess.

4. Demonstrate how to use the tweezers to remove the seeds from the head and place them into the collection containers.

5. Remind students to be patient, there is a learning curve involved with the tweezer use.

6. Considering the season and future use plans, decide how to use the collected seeds. Ideas include roasting with salt and enjoying a fresh snack, saving for spring plantings, and feeding to local wildlife.

Questions? More info? Please visit us at www.communityfoodinitiatives.org